



Chocolate Orange Ginger Truffles

These luxurious and delicious chocolatey holiday treats are a healthier take on the classic truffle.

Makes 14 Servings

Ingredients

- 1 cup pitted dates
- 1 avocado, pitted and peeled
- 1 tbsp orange zest
- 2 tbsp pure maple syrup
- 2 tbsp orange juice
- 2 tbsp chopped 70% dark chocolate, melted
- 3/4 cup raw cocoa powder
- 1/2 tsp ground ginger

Optional Truffle Coatings:

- 1 tbsp raw cocoa powder
- 2 tbsp dark chocolate shavings
- 2 tbsp raw cocoa nibs
- 1/4 cup chopped 70% dark chocolate + 1/2 tsp coconut oil
- 1 tsp orange zest

Steps

1. Soak dates in hot water for 20 minutes to soften. Then drain and add to a food processor.
2. Add avocado, maple syrup, orange juice, and melted chocolate to the dates and process for 1 to 2 minutes, stopping periodically to scrape the sides with a spatula. Process until mixture starts to become smooth and no large chunks of dates remain.
3. Add cocoa powder and ginger and process for another 1 to 2 minutes, again stopping periodically to scrape the sides. Process until mixture is thick, smooth, and well combined.
4. Using a spatula, transfer the mixture to a bowl. Place in the freezer for 30 minutes to chill, allowing the truffle mixture to harden.
5. Meanwhile, take 3 small plates and place the coating ingredients on each plate: cocoa powder, chocolate shavings, and cocoa nubs. Melt dark chocolate with coconut oil and transfer to a small bowl. Set aside.
6. When truffle mixture has chilled, remove from freezer and using clean, slightly wet hands roll mixture into 1-inch balls, working quickly as to not warm the mixture with your hands.
7. Place truffles on a large plate, then roll each into one of the coating options and set back on the plate.
8. Return coated truffles to the freezer until ready to serve. Allow truffles to thaw for 5 to 10 minutes and sprinkle with a pinch of orange zest before serving.

Nutrition Information

95 Calories | 16.3g Carbohydrates | 4.3g Fat | 1.5g Saturated Fat | 3.5g Fibre | 1.6g Protein | 3mg Sodium | 10.5g Sugar

Source: www.nutritioninthekitch.com