

# FIONA TUCK

NUTRITION WELLNESS YOGA



## Healthy Vegan Chocolate Truffles

These delicious vegan truffles are a nutritious take on the traditional Ferrero Rochers chocolates but without the refined sugar, gluten and not so nice fats. They make a super healthy treat that is packed full of heart healthy good fats and contain a plethora of nutrients such as calcium, iron, magnesium, phosphorus and zinc. These healthy vegan chocolate truffles make a wonderful homemade gift.

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### Ingredients:

1 cup of raw mixed nuts  
1 cup pitted, chopped medjool dates  
4 tablespoons raw cacao powder  
Pinch of sea salt  
2 tablespoons cacao nibs  
12 whole raw hazelnuts (de-shelled)  
2 tablespoons of filtered water

Prep: 15 mins

Cook: 0 mins

Serves: 20 (+1 for the chef)

### *For decorating:*

1/3 cup cacao nibs  
180 g dark chocolate (choose vegan chocolate if desired)

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### Directions:

1. Place the raw mixed nuts in a food processor (not the hazelnuts) and process until a crunchy meal. Transfer to a large bowl.
  2. Add the dates and mix well. Stir in the salt, cacao powder and cacao nibs. Add the water gradually, stirring to combine until the mixture is sticky and can clump together to form balls.
  3. Roll into balls and place one hazelnut in the centre of each ball so that the hazelnut is buried in the centre of each ball.
  4. Roll the balls in the remaining cacao nibs. Place in the fridge to firm for 1 hour.
  5. Place the chocolate in a glass bowl and place the bowl over a saucepan of simmering water. Allow the chocolate to melt and remove from the heat.
  6. Using a cocktail stick dip the balls in the chocolate and place on a tray.
  7. Store in the fridge for up to 2 weeks (they never last long in my house). Wrap in baking paper and store in an airtight container for up to 6 weeks.
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