**Avocado Chocolate Truffles**

Nutrition Serving: 1truffle | Calories: 43kcal | Carbohydrates: 3.6g | Protein: 0.8g | Fat: 3.7g | Fiber: 2.8g | Sugar: 0.2g

Servings: 15 Truffles

**Ingredients:**

2/3 cup mashed ripe avocado -about 2 small avocados

2 tablespoons pure maple syrup

6 oz dark chocolate or >85%, melted

4 tablespoons unsweetened cocoa powder

1/2 teaspoon vanilla extract - optional

**Directions:**

1. Place the ripe avocado flesh in a bowl. Using a fork, mash the avocado into a smooth puree. You can also process the avocado flesh in a food processor.

2. Add the maple syrup, melted chocolate, unsweetened cocoa powder and vanilla Stir to combine to avocado mix.

3. Cover the mixing bowl and refrigerate for 45 minutes (no longer). That is an important step to firm up the batter and make the truffles easy to roll up.

4. Slightly grease your hands with coconut oil and shape the truffles with your hands.

5. Roll each truffle into the coating of your choice: unsweetened cocoa powder or desiccated coconut and place the truffles on a plate covered with parchment paper.

5. Store in the fridge 30 more minutes before eating, the texture will be even better. The truffles will store well in the fridge up to 4 days, in an airtight container.

**Notes**

**Coating natural colors:** for the green coating I used matcha powder and spirulina powder, the red coating is beetroot powder.

**Chocolate:** this recipe will work well with any dark chocolate. For a bitter slightly sweet truffle use 78%-85% dark chocolate. For a sweet truffle use a dark chocolate between 55%-70%.

**Storage:** they store really well in the fridge - up to 4 days in an airtight container If you are using powder for coating the truffles like unsweetened cocoa powder, it will get absorb quickly and you will have to roll them again into the coating before serving. To prevent that, roll them into a solid coating like desiccated coconut.