

Recipes for Chocolate Truffles and Chocolate Date Nut Truffles

Chocolate Truffles



Cook time
2 hours 30 mins
Total time
2 hours 30 mins

Ingredients

- 3.5oz 85% dark chocolate
- 1 tablespoon coconut oil
- ¼ cup coconut milk (skim from the top of a can of coconut milk)
- 1 tablespoon brandy or other alcohol or 1 tablespoon vanilla extract
- coatings: 100% chocolate powder, unsweetened shredded coconut, or chopped nuts

Instructions

1. Place the chocolate in a microwave-proof bowl and melt using 30 second cycles.
2. Melt the coconut oil in the microwave separately and add to the melted chocolate. Stir together.
3. While the mixture is still warm, quickly add in the coconut milk (try to use milk that's at room temperature) and the alcohol or vanilla extract. Mix well.
4. Place in freezer for 2 hours.
5. After removing from the freezer, let it thaw for 5-10 minutes so that the chocolate is soft enough to scoop out with a spoon.
6. Using a melon scoop or just using a spoon, scoop out small chunks of chocolate and form it into balls in your hands.
7. Add the coating of your choice by rolling the chocolate ball through the coating.

Wendy's Chocolate Date Nut Truffles

Makes 20 truffles

1/4 cup finely diced dried apricots

2 tablespoons boiling water

2 ounces dark chocolate with a 64 to 72 percent cacao content, finely chopped

1/3 cup plus 2 tablespoons almonds

1 cup pitted and halved Medjool dates

1 1/2 teaspoons orange zest, or 1/2 teaspoon orange oil (not orange extract)

1/8 teaspoon sea salt

1/2 cup unsweetened shredded coconut

Soak the diced apricots in cold water for 5 minutes.

Stir the boiling water into the chopped chocolate and let it stand for 30 seconds. Using a small whisk, stir until the chocolate is completely melted and glossy. Coarsely grind the almonds in a food processor, then add the dates, orange zest, salt, and the chocolate mixture and process until smooth, about 1 minute. Transfer to a bowl; drain the apricots well and stir them into the chocolate mixture. Cover and chill for approximately 2 hours, until firm. Scatter the coconut on a large plate. Scoop up approximately 1 tablespoon of the chocolate mixture and roll it into a smooth ball between your palms, then roll it in the coconut to coat. Repeat with the remaining mixture, then place the truffles in an airtight container and chill thoroughly before serving.

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