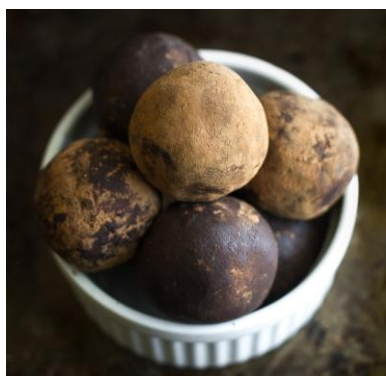


No Bake Chocolate Fudge Protein Truffles



Chocolate is one of the most beloved sweets globally! There are great benefits to chocolate, especially when it is minimally processed. Chocolate contains an antioxidant compound called flavanol. Research has shown that flavanol can help with heart health, brain function, and controlling blood sugar.

Try this no-bake chocolate fudge protein truffle as a simple snack to have when you are craving something sweet!

Prep: 10 minutes **Serves:** 12

Nutrition Facts Per Ball:

Calories: 83 calories
Carbohydrates: 13.4g
Sugar: 10g
Fibre: 2.3g
Protein 3.6g

Ingredients:

- 180 grams (1cup or 12 large) Medjool dates
- 20 grams (1/4 cup) of unsweetened cocoa powder
- 15 ml (1 Tbsp) of coconut oil
- 32 g (2 Tbsp) of nut/seed butter
- 30-45 ml (2-3 Tbsp) of unsweetened almond milk or other plant-based milk
- 40 grams (1/2 cup) of protein powder (Optional)

Instructions:

1. Blend the dates in a food processor or blender until the dates have reached a consistency which can be rolled into a big ball.
2. Add the rest of the ingredients into the food processor and blend until combined. Scrape the ingredients back down and process until the dough sticks together
3. Scoop out a tablespoon of the dough and roll into a 1-inch ball. Repeat this step until you have used up all the dough.
4. *Optional: coat the ball with extra cocoa powder, coconut flakes, nuts, or chocolate shavings.*
5. Store truffles in a sealed container in the fridge. It can last up to a week

Written by Mary Mendoza, Health Promotion Coordinator

Adapted from: Running with Spoons



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