

Avocado Chocolate Truffles



Ingredients

- 1 avocado
- ¼ tsp of cinnamon
- ¾ cup of melted dark chocolate (72% cocoa or higher)
- 1 tsp of vanilla extract
- Chopped nuts or unsweetened coconut flakes for rolling truffles

Instructions

- Melt dark chocolate in a microwave or over stovetop, if preferred.
- Blend an avocado in a blender, or mash finely in a bowl.
- Once chocolate is melted, blend with avocado, cinnamon, and vanilla extract.
- Cool in the refrigerator for about a ½ hour or until hardened.
- Once hardened, roll into 12 individual balls, and roll in the nuts, unsweetened coconut flakes, or your preferred topping.
- Serves 12.

Fun Fact

Avocados are rich in Fiber, Vitamin E, Folic Acid and heart healthy fats.

For more information about eating healthy,
you may contact your health coach at
wellness@carehere.com or call 877.866.6430.

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