

FROM THE KITCHEN OF DR. BARRETT

Dairy Free Truffles

INGREDIENTS

- 4 TBS coconut oil
- 2 TBS cocoa powder (can use more to get a deeper chocolate flavor)
- pinch of sea salt
- 2 TBS coconut oil
- 3 TBS coconut butter/mana
- 2 TBS almond butter
- 2 scoops Medifiber by Metagenics
- 1 tsp chai spice
- 1/2 tsp sea salt
- 1 TBS pure maple syrup

METHOD

1. Melt together all ingredients except the fiber for truffle insides. Once the mixture is fully melted stir in the fiber powder. Place mixture in freezer and stir every 5 minutes until firm enough to roll truffles.
2. Use your hands to roll truffles into small balls and place on a baking sheet in the freezer until almost frozen solid.
3. Melt all ingredients for the chocolate coating then remove from heat.
4. Remove truffles from freezer and drop 3-4 at a time into the chocolate mixture stirring with a spoon until coated. The frozen balls will cause the chocolate to harden quickly on the balls. Gently place truffle balls back on the tray.
5. Once all of the truffles have been dipped once, repeat and dip again until you have the desired level of chocolate on the outside.
6. Store truffles in the fridge or freezer to avoid melting.

Makes 20-24 Truffles



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