

Mark's Kitchen

drhyman.com

Chocolate Truffles with Coconut Oil

Prep: 5 minutes Chill time: 2 hours plus 10 minutes

Serves: about 24 truffles

This week, I've teamed up with one of my favorite companies to share a delectable treat and giveaway! Nutiva is an amazing company that offers coconut oil, snacks, protein powder and more. I highly recommend their coconut oil, especially if you're following the plan in my new book, *Eat Fat, Get Thin*.

These Chocolate Truffles are a crowd-pleasing treat and make excellent gifts (especially for those who don't believe eating healthy can be delicious and satisfy your sweet tooth everyone once in a while). This version is vegan, gluten-free and has the benefits of coconut oil (including medium-chain triglycerides and lauric acid). If you're on one of my programs, I recommend waiting until you're in the Transition Phase to enjoy these treats.

And if you share this recipe and tag [#EatFatGetThinGiveaway](#), you'll get the chance to win a jar of Nutiva coconut oil!

Ingredients:

- 12 ounces unsweetened dark chocolate, chopped
- ¼ cup Nutiva Virgin Coconut Oil
- ¾ cup coconut milk (full fat) or coconut cream
- 1 teaspoon alcohol-free vanilla extract
- ¼ teaspoon sea salt
- Stevia, honey or maple syrup to taste

For the coating:

- ½ cup cocoa powder OR coconut flakes OR slivered almonds (optional)

Step 1: Using a double boiler, melt the chocolate and coconut oil together, stirring continuously. Add the coconut milk and whisk until smooth.

Step 2: Remove from heat, then add the vanilla, salt, and a little bit of the recommended sweetener.

Step 3: Chill mixture for 2 hours or until set.

Step 4: Using a tablespoon, scoop a spoonful of the mixture, roll into a ball and then roll in coating of your choice.

Step 5: Return finished truffles to the refrigerator and chill truffles for at least 10 minutes, then serve.

Step 6: Store in a cool place.

Nutritional analysis per 1 serving without sweetener or coating.

Calories 96 • Fat 10 g • Fiber 6.9 g • Protein 2 g • Carbohydrate 5 g • Sodium 22 mg