

CHOCOLATE PEANUT AVOCADO TRUFFLES

Delicious morsels made with healthful fats (avocado) versus heavy cream

Serves 18

INGREDIENTS

1 ripe avocado
5 oz. dark chocolate or semi-sweet chocolate chips
2 Tbsp. creamy peanut butter (or shredded coconut)
2 Tbsp. brown sugar
¼ t. vanilla extract
⅛ t. salt
2½ Tbsp. unsweetened cocoa powder (separated)

METHOD:

Cut avocado, remove pit and mash the flesh with a fork until completely smooth and lump free.

Add to melted chocolate (Melt slowly either the microwave or on the stove, taking care not to burn it.

Stir in peanut butter, brown sugar, vanilla, salt and half of the cocoa powder.

Refrigerate for 30-45 minutes

Scoop in to rounds or form balls with your hands.
Roll in the remaining 1 ¼ Tbsp. of cocoa powder.

DEVOUR!

Variations: Substitute 2 Tbsp. fine minced almonds or other nuts for the peanut butter

The word "truffle" originates from the Latin word meaning "lump." They resemble the gourmet wild mushrooms (truffles).

