

## Ingredient List:

- Almond flour
- Nut/seed butter
- Honey or maple syrup
- Cacao powder
- Cacao nibs
- Maca powder\* optional
- Toppings: hemp seeds, coconut or freeze dried strawberries,

## Material List:

- Spoon
- Bowl x 2
- Small plate
- Measuring spoons

# Chocolate Superfood Truffles

## Ingredients

### Makes six 1 inch balls

- 1/4 cup almond flour
- 3 tablespoon nut/seed butter
- 1 tablespoon honey or maple syrup
- 2 tsp cacao powder
- 1 TBSP cacao nibs
- 1 /2 tsp-1 maca powder\*
- 1 TBSP topping- shredded coconut or hemp seeds.



These superfood truffles make a great healthy snack or treat! They are easy to make and packed with healthy fat, plant protein, antioxidants, vitamins and minerals.

## Instructions

- Add almond flour, cacao powder, cacao nibs and maca powder to a bowl and mix with a spoon. Then add nut butter and honey. Mix thoroughly.
- Consistency of the mixture should be somewhat moist, so that all ingredients can stick together. If your mixture is too dry, add a bit more honey or nut butter. If your mixture is too wet, add more almond flour.
- Roll your mixture into 1 inch balls.
- Option to roll the balls into a topping.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.

