

Material List:

Superfood Truffles

- ☐ Spoon
- ☐ Small bowl
- ☐ Small plate
- ☐ Measuring spoons



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Chocolate Superfood Truffles

Ingredients

Makes six 1 inch bals

- ☐ ¼ cup almond flour
- ☐ 3 TBSP sunflower butter
- ☐ 1 TBSP honey
- ☐ 2 tsp cacao powder
- ☐ ½ TBSP cacao nibs
- ☐ 1/4 - 1 tsp superfood powder (ashwagandha, reishi mushroom, maca)* optional



Instructions

- Add almond flour, cacao powder and superfood powder to a bowl and mix with a spoon. Then add sunflower 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 sunflower butter.
- Roll your mixture into 1 inch bals.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.



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* Consult your healthcare provider before using, especially if pregnant, nursing, or on medication.