

# Cacao Avocado Truffles

Yield: 12 Truffles

Ingredients:

6 oz. Cacao Paste or wafers (Recommend Keith's Cacao Paste )

<https://www.keithscacao.com/collections/all-products>

1/3 cup mashed avocado (about 1 medium avocado)

1/2 teaspoon vanilla extract

pinch of salt

2 tablespoons cacao powder or nibs, for rolling (optional)

Instructions:

1. Combine the chocolate, vanilla extract and pinch of salt over a double boiler, and melt until completely smooth.
2. Mash the avocado with a fork until no lumps are visible, then stir it into the melted chocolate mixture until smooth and thickened. Place in the fridge to set for 20 minutes, or until slightly firm to the touch.
3. Once the mixture has been chilled and is slightly firm, use a tablespoon to scoop the chocolate into 12 balls.
4. Place them on a pan lined with parchment paper, and roll the balls between the palms of your hand to create a smooth surface.
5. Customize/ roll truffle balls in desired ingredients

Note: Some great recommendations are Cacao powder, toasted coconut, cacao nibs, chia seeds, toasted chopped nuts/seeds, nut butter, dried berries, and any super food powder you desire.

Serve at room temperature, but store in the fridge for a shelf life of one week.

Truffles can be frozen to increase the shelf life to 3 months.