

Chocolate and Walnut Truffles

Makes 25-30 truffles

I love these truffles and the fact that I can have a treat knowing that I'm eating ingredients that are good for me. I usually freeze them once made so they will keep, but you can eat them almost as soon as they come out of the freezer - so no need to wait long!

Ingredients:

- 150g (5oz) pitted dates, finely chopped, and 110ml (4fl oz) water (or 1 portion of Date Puree - see page 210)
- 2 tsps blackstrap molasses
- ½ tsp vanilla extract
- 75g (3oz) ground almonds
- 25g (1oz) cacao, cocoa or carob powder
- 75g (3oz) chopped walnuts
- Extra ground almonds, chopped walnuts, cocoa powder or desiccated coconut, for dusting

Instructions:

1. Place the dates, water and molasses in a pan and bring to the boil. Remove from the heat, cover with a lid and leave to soak for about 30 minutes or until the dates have softened.
2. Blend the dates in a food processor, then add the vanilla extract ground almonds and cacao, cocoa or carob powder. Process the ingredients to combine, then mix in the walnuts by hand or using a plastic processor blade.
3. Roll by hand into 25-30 balls and roll each in extra ground almonds, chopped walnuts, cocoa powder or desiccated coconut to coat.



4. Place the truffles on a tray and leave overnight in the fridge to dry out a little. Store in an airtight container in the fridge and eat within one week or freeze.

Variations

Chocolate Chip Truffles: Roughly chop 50g (2oz) 70-90% dark chocolate with a sharp knife and add to the mixture once it is cool. (If the date mixture is still hot, the chocolate will melt.)

Coconut and Vanilla Truffles: Replace the chopped walnuts with 25g (1oz) desiccated coconut.

Fruit and Nut Truffles: Add 50g (2oz) of sultanas, raisins, dried cranberries or dried cherries (chopped if large) to the mixture and vary the chopped nuts according to your preference. Try almonds or hazelnuts, for instance.