



No Bake Vegan Truffles

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Ingredients

Filling

- 1 cup oat flour
- 1/2 cup peanut butter (or other nut butter)
- 2 1/2 tbs almond milk
- 1 1/4 tbs coconut oil
- 1 tbs maple syrup
- 1 tbs chia seeds
- 2 tsp flax meal
- Handful of crushed walnuts



Shell

- 40 grams dark chocolate (70% or higher)
- 2 tsp coconut oil

Method

1. Mix together 1/2 cup peanut butter, coconut oil, and maple syrup
2. Once smooth, add in the oat flour, and combine (your “batter” will be very dry at this stage)
3. Spoon in the almond milk, a little at a time, and mix until the filling softens a little
4. Add chia seeds, flax meal, and crushed walnuts
5. Using your hands, roll into balls, set on a plate, and place in the freezer for 10-15 minutes
6. Meanwhile, place the dark chocolate and 2 tsp coconut oil in a pre-heated oven, removing every few minutes to stir until fully melted
7. Remove the balls from the fridge, take each one and roll it in the melted dark chocolate, and place on some wax paper
8. Return to the freezer to fully harden the shell, or enjoy immediately (the shell will set almost instantly!)

We ALWAYS have some of these No Bake Vegan Truffles around, and it's a wonder that we do, because each batch barely makes it through a couple days!!

For most of us, sugar cravings are pretty much inevitable at some point or the other, and we tackle them in different ways. My own favorite way of dealing with them (and what I recommend to my clients), is to stop trying to resist the cravings, and instead, satisfy them in a way that you're actually getting something good out of it!

Enter these truffles. They are just loaded with good stuff: fiber, good fats, Omega-3, protein. They also happen to be low enough on sugar that they qualify as a really healthy snack. They're also an excellent struggle-free way for your kids to get some of these essential nutrients that are so critical to development.

Plus, with zero bake time, what's not to love about these??