

chocolate TRUFFLES

I like serving these with a small espresso at the end of dinner instead of a big dessert.

170

MAKES 12

100g/250ml (1 cup) hazelnuts
16g/20ml (4 tsp) xylitol
100g 70% dark chocolate
25g butter
25ml (5 tsp) cream
20g/30ml (2 tbsp) cocoa powder
16g/30ml (2 tbsp) whey
protein powder

per 100g: energy: 522kcal
protein: 12g • fat: 42g • carbs: 31g
allergens: dairy, tree nut

1. Preheat the oven to 200°C. Roast the hazelnuts for 5-10 minutes or until golden brown. Keep 12 hazelnuts aside.
2. Grind the remaining hazelnuts until fine with 8g/10ml (2 tsp) xylitol.
3. Bring a saucepan a quarter filled with water to a simmer. Place a heatproof bowl on top to form a double boiler (make sure the base of the bowl does not touch the water).
4. Add the chocolate, butter and cream. Gently stir until completely melted. Stir in the ground hazelnuts.
5. Divide the mixture into 12 balls, place a whole hazelnut in each ball and roll it.
6. Grind remaining 8g/10ml (2 tsp) xylitol. Combine the cocoa powder, whey protein powder and xylitol in a bowl. Roll each truffle in the cocoa mixture until well coated.