



Cocoa-Date Truffles

INGREDIENTS (Yield: 56 truffles)

- 1 can (15 ounces) black beans, rinsed and drained
- ¼ cup semisweet chocolate chips
- 14 medjool dates, pits removed
- 1 tablespoon peanut oil
- ½ cup + 2 teaspoons baking cocoa, divided
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- Nonstick cooking spray
- 2 teaspoons powdered sugar

NUTRITION INFORMATION: 32 Calories; <1 grams Fat; <1 grams Saturated Fat; 0 mg Cholesterol; 6 mg Sodium; 6 grams Carbohydrates; 1 grams Fiber; 4 grams sugar; 1 grams Protein

DIRECTIONS

1. Place the beans, chocolate chips, dates, peanut oil, ½ cup cocoa powder, vanilla, and salt in a food processor; cover and process until blended. Remove lid, scrape down the sides with a rubber spatula, then cover and process until smooth.
2. Spray an 8 X 8-inch baking pan with nonstick cooking spray and transfer mixture to pan. Refrigerate for a minimum of two hours (or overnight).
3. Mix powdered sugar with remaining 2 teaspoons of cocoa powder in a shallow bowl. Spray hands with vegetable oil cooking spray. Scoop out 1 teaspoon of chocolate mixture and roll into a truffle with oiled hands. Roll the truffles in the cocoa-sugar mixture and transfer to cookie sheet lined with parchment paper. Continue process until mixture is gone. Store in refrigerator until ready to serve.

Chef Note: Instead of cocoa-sugar mixture, you can roll the truffles in chopped nuts, finely chopped chocolate, chopped cocoa nibs or flaked coconut.