



simply healthy

from your Hannaford Dietitian

Dark Chocolate Avocado Truffles

Makes 20 Truffles

Ingredients

1 medium Avocado from Mexico®, ripe, peeled, pitted and mashed
5 oz. semi-sweet dark chocolate
2 Tbsp. honey or maple syrup
1/2 tsp. McCormick® vanilla extract
1/8 tsp. salt
2 1/2 Tbsp. unsweetened cocoa powder, divided

Directions

1. Melt the chocolate in the microwave, taking care not to burn it. Once melted, stir in the mashed avocado, honey, vanilla extract, salt, and 1 1/2 Tbsp. of the cocoa powder until thoroughly combined.
2. Place the truffle mixture into the fridge for 30-40 minutes and let cool until partially set.
3. Use a small ice cream scooper or tablespoon to dollop out the truffles and form balls with your hands.
4. Roll in the remaining 1 Tbsp. of cocoa powder or other desired toppings (Kashi® cereal, nuts, coconut).

Nutritional Information

Amount per serving: 50 Calories; 3.5g Fat; 7g Carbohydrate

Slightly adapted from avocadosfrommexico.com

Interested in learning more?

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