

# Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 10 servings



## Directions

1. Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
2. Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
3. Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
4. In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to seven days.

### Serving Size

One serving is equal to approximately two truffles.

### Additional Toppings

Top with crushed up candy cane or shredded coconut flakes.

### More Flavor

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

## Ingredients

- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

## Nutrition

Amount per serving

<b>Calories</b>	133	Calcium	17mg
<b>Fat</b>	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
<b>Carbs</b>	17g	Niacin	0mg
Fiber	2g	Vitamin B6	0mg
Sugar	13g	Folate	4µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	30mg
Sodium	61mg	Magnesium	22mg
Potassium	140mg	Zinc	0mg
Vitamin A	1IU	Selenium	1µg

Cynthia Libert

<https://www.caringforthebody.org>



Vitamin C 0mg