

3 INGREDIENT DARK CHOCOLATE TRUFFLES

Celebrate Valentine's Day the heart-healthy way with 3-Ingredient Dark Chocolate Truffles. Made with just three simple heart-healthy ingredients, these homemade truffles are the perfect way to satisfy sweet tooth cravings. No one will ever guess the secret ingredient that makes these truffles so creamy and decadent!

Prep Time: 10 minutes

Total Time: 40 minutes

Yield: about 15 truffles

Ingredients

- $\frac{3}{4}$ cup dark chocolate chips
- $\frac{1}{2}$ cup avocado, mashed (about 1 medium or 2 small)
- Sea salt
- Toppings (optional): cocoa powder, crushed nuts, sprinkles, shredded coconut, etc.



Instructions

1. Place chocolate chips in a small microwave-safe bowl and microwave for 30 seconds. Remove from microwave, stir, and repeat until chocolate is completely melted (about 90 seconds total).
2. Add avocado, melted chocolate, and a sprinkle of sea salt to a small food processor. Pulse until fully combined, stopping to scrape down the sides of the bowl as needed. Mixture should be smooth and avocado should no longer be visible.
3. Transfer the batter to the fridge for at least 30 minutes to firm up. Once firm, remove from fridge and roll mixture into 1-inch balls.
4. Roll each ball in desired toppings and store in fridge until ready to eat.

Notes

- If you do not have a food processor, you can make these truffles by hand. Simply add the avocado to a medium bowl and mash until completely smooth and lump-free. Add melted chocolate and sea salt and stir until avocado is no longer visible.