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Carob Truffles

By Angeline D. Brauer, DrPH, MHS, RDN

Ingredients

- 1 cup smooth almond butter
- 1/3 cup honey
- 1/2 cup carob powder
- 1/2 tsp vanilla extract
- Pinch of salt
- 3/4 cup unsweetened coconut flakes

Instructions

1. Combine almond butter and honey in a food processor and blend till smooth. Add carob powder, vanilla, and salt and blend some more.
2. Transfer to a mixing bowl and stir in the coconut flakes.
3. Place batter in refrigerator for 20 minutes.
4. Remove batter and roll into 1-inch balls. Roll balls in toppings such as additional coconut flakes, sesame seeds, chia seeds, additional carob powder, etc. Store in refrigerator.

Nutrition Facts

42	
Serving size	1 truffle ball
Amount per serving	
Calories	58
% Daily Value*	
Total Fat 4	
Saturated Fat 1	
Cholesterol 0	
Sodium 7.5	
Total Carbohydrate	
4.7	
Dietary Fiber 1	
Total Sugars 3.2	
Protein 1.4	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.