

Protein Loaded Chocolate Truffles

Ingredients

- .75 lbs of dark sugar free chocolate
- One cup of Quaker One-minute Oats
- One espresso shot
- Four Splenda packets
- One cup of chocolate protein powder
- Water

Directions

Chop block of the chocolate with knife and put in double boiler with the water at the bottom of pot. Once the chocolate has melted in upper Pyrex bowl, take the Pyrex bowl of water, add one cup of chocolate protein powder, one cup of oats, the espresso shot and Splenda. Mix together. Let this cool off for 20 minutes.

With the ice cream scoop, shape the truffles. Put them on the top of the baking paper and allow to cool for 10 minutes. Take one plate, add one cup of vanilla protein powder and roll the truffles on it. This gives you the option of white truffles. Use one cup of chocolate protein powder on another plate provides dark truffles.