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MetaBurn90 Sweet Treats

Cashew and Date Truffle

It's hard to believe these truffles have only four ingredients! Soaking the cashews makes these already soft nuts easier to process so they all but disappear in these healthy, gluten-free treats. Using dates as a part of the base means no added sugar, and the cacao nibs and powder add a rich chocolate flavor to this delicious vegan dessert.

Prep time: 8 hours Cook time: 0 min.

Serving size: 2 truffles

Recipe yields 4 servings

Ingredients

1 cup cashews, soaked for 8 hours or overnight

8 medjool dates

3 tbsp cacao nibs

2-3 tbsp cacao powder

Directions

1. Drain and rinse cashews, then combine in a food processor with the dates. Blend until a paste forms.
2. Add the cacao nibs and pulse a few times to incorporate everything. Roll the mixture into 8 even-sized balls and dust with cacao powder.