



Dark Chocolate and Oat Protein Truffles

Ingredients:

- 1/4 cup dried mulberries or dates
- 1/4 cup whey protein powder (vanilla or chocolate)
- 1/4 cup water
- 1/8 cup oats (or casein)
- 1 tbsp coconut flour
- 3 squares (30 grams) 100% cocoa dark chocolate.



Directions:

1. Mix together mulberries, protein powder, water, oats, and coconut flour and roll into 8 balls.
2. Melt chocolate.
3. Dip each ball into melted chocolate until completely covered.
4. Top each truffle with cocoa or coconut and put them in the freezer for 30 minutes.
5. When the chocolate hardens, you're done!
6. Share with your sweetheart.