



Courtesy of Anna Sward @ Proteinpow.com

Valentine's Day Truffles

Filling Ingredients

1/4 cup chocolate whey protein powder
2 tbsp coconut flour
1 heaping tbsp cashew, almond, hazelnut, or peanut butter (go with the one your partner likes best)
1/8 cup cocoa powder
1/4 cup coconut or almond milk
1/2 tsp rum flavoring (optional, but awesome)

Coating Ingredients

3-4 squares of 85% dark chocolate
1 square white chocolate (optional, but great for decoration)

Directions

1. Mix all of the filling ingredients in a big bowl. Pay attention to the flavor of the batter and tweak to fit your loved one's tastes. If they like Nutella, for example, use hazelnut butter and a really chocolaty whey protein powder, like Cellucor [LINK: <http://www.bodybuilding.com/store/cellucor/cor-performance-whey.html>]. If your partner is the first to dive into a Reese's cup, add peanut butter to the batter. You can even throw in a handful of almonds!
2. Once you achieve the right texture, shape the batter into eight balls and set them aside. Remember that if your batter is too sticky to shape, you should add a bit more cocoa powder. If it's too dry or crumbly, add a bit more milk.
3. Melt your dark chocolate by sticking it in the microwave or, if you're feeling fancy, melt it in a *bain marie*, which is just a glass bowl on top of a pot of boiling water.

4. When your dark chocolate has melted, dunk the balls in them and transfer them to a plate or chopping board that's covered in foil or baking paper. This will help prevent the balls from sticking when you unmold them.

5. Finally, top your truffles with melted white chocolate, chopped nuts, chocolate flakes, or coconut flakes!

Nutrition Facts:

Serving Size: 1 truffle

Recipe yields 8

Calories: 64

Total Fat: 4 g

Total Carb: 4 g

Protein: 4 g