

# Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

## Chocolate Bliss Truffles

### Ingredients:

- 1 Cup Coconut Oil (warmed to liquid state)
- 1/3 - 1/2 Cup Raw Honey ( depending how sweet you want it)
- 2 teaspoons Pure Vanilla Extract
- 1/4 teaspoon Sea Salt
- 1 Cup Dried Shredded Unsweetened Coconut
- 1 Cup of Cocoa Powder
- 1/2 cup chopped roasted almonds ( or nuts of your choice)

### Directions:

Using a high-speed mixer or blender (you can also mix by hand, but a little more work) blend the warmed coconut oil, honey, vanilla, and salt. Add the shredded coconut, 1/2 cup at a time, and blend until smooth. (Oil will separate)

In a bowl, stir in the cocoa powder until thoroughly combined. (Adjust your cocoa powder so that your batter is the consistency of a brownie batter)

Pour the batter into a baking pan (line pan with parchment or wax paper) to slice into squares after refrigerating or place the bowl of batter in the refrigerator for about 10 minutes to set slightly and spoon 2-3 teaspoons of the chocolate mixture on to your hand and roll them into a ball. Roll balls in cocoa powder.

Store all finished truffles in the refrigerator.

*Makes about 25 - pieces / Calories: 138 per piece*