

NutritionConfidence Recipes

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Raw Chocolate Truffles

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Photograph by Claire Dunn

Ingredients

100 g raw cocoa paste
100 g dates
30 g goji berries
50 g raw almonds, chopped
20 g sunflower seeds
20 g flaxseeds
2 ml cinnamon
20 g honey

Method

- 1 Put the dates into a small saucepan and cover with a little water. Cook the dates in a medium high heat until soft (about 5 minutes) and the water has evaporated. Mash the dates into a purée and set aside.
- 2 Gently melt the cocoa paste on a low heat.
- 3 Mix the melted cocoa paste, date purée, goji berries, almonds, seeds, cinnamon and honey into a firm paste.
- 4 Roll the mixture into 15 g balls and dust with cocoa powder, or roll in seeds or coconut to decorate.



Makes 20 truffles



We love it!

The raw chocolate balls are a great dessert option – and can double up as a high energy lunchbox snack or perfect ‘take along’ energy boost for runners or cyclists.



Dietitians say...

Date flesh is a high source of energy and 100 g of flesh (about 4 mejoor dates) can provide an average of 1300 kJ. It is rich in mainly fructose and glucose; low in fat and protein; and a good source of magnesium, potassium, copper, selenium and manganese. The consumption of 100 g of dates can provide over 15% of the recommended daily allowance from these minerals.

Vitamins B-complex (especially Vitamin B6) are the major vitamins in dates and they are an excellent source of dietary fiber (up to 8.0 g/100 g).

Last, but not least, dates are a good source of antioxidants, mainly carotenoids and phenolics.

The nutritional value per truffle (makes 20): Energy: 254 kJ Protein: 2 g Carbohydrate: 4 g Total fat: 3.2 g Dietary Fibre: 1.1 g Sodium: 48 mg