

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Dark Chocolate Avocado Truffles

These truffles are the perfect gift to give to your special someone this Valentine's Day. They are full of healthy fats thanks to the avocado, yet are rich in that chocolate flavor we all crave. What better way to celebrate the month of love and heart health? And for those of you who aren't sure about avocado in your dessert – don't worry, you can't taste it!

<b>Recipe Name:</b>	Avocado Truffles
<b>Recipe By:</b>	Adapted by Antonia Harvey, RD from <a href="http://www.foodnetwork.com/recipes/avocado-truffles-3623197">www.foodnetwork.com/recipes/avocado-truffles-3623197</a>
<b>Makes</b>	12 – 16 truffles
<b>Ingredients:</b>	1 ½ cups of dark chocolate chips or dark chocolate, melted 1 teaspoon vanilla extract ½ teaspoon ground cinnamon 2 ripe avocados, mashed (there should be no large lumps) Toppings (cocoa powder, shredded coconut, crushed nuts)
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. In a medium bowl, stir together all ingredients except toppings until well combined. Refrigerate for 10 to 20 minutes or until the mixture is firm and easy to work with.</li><li>2. Put toppings on separate plates.</li><li>3. Using your hands, roll rounded teaspoons of the truffle mixture until they form truffle rounds. Roll them in desired toppings. Put on a large plate and refrigerate truffles until they are firm.</li></ol>