

# Dark Chocolate Avocado Truffles

Serves: 12

Modified from: [yummyhealthyeasy.com](http://yummyhealthyeasy.com)

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, microwave safe bowl, spoon

## Ingredients:

- 1 ripe avocado mashed
- 3/4 cup dark chocolate melted
- 1/2 tsp. vanilla extract
- 1/4 tsp. cinnamon
- cocoa powder

## Directions:

1. Melt dark chocolate in a microwave-safe bowl.
2. In a separate bowl, mash avocado. When chocolate is smooth, pour into mashed avocado and stir together. Add in vanilla and cinnamon.
3. When combined and clump-free, place in refrigerator for about a half hour. When cooled and hardened, scoop into 10-12 balls and roll until smooth.
4. Roll each ball in cocoa powder and serve. Place any remaining truffles in air tight container

## Nutrition Information (per 1 truffle):

Calories: 94 Fat: 6.5 g Carbs: 8.5 g Protein: 1.5 g Fiber: 2 g Sodium: 10 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. **Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.**

