

# No Blender Super Food Truffles

## General recipe:

Makes three 1 inch balls

- 2 tablespoons dry "flour"
  - 1.5 tablespoon nut/seed butter
  - 1/2 tablespoon wet sweetener
  - 1 tsp flavoring powder\*
  - 1/4 - 1/2 tsp super food powder\*
- \* Optional

These super food truffles make a great healthy snack or treat! They are easy to make and packed with **healthy fat, plant protein, antioxidants, vitamins and minerals.**



## Dry "flour" options:

- Almond meal
- Coconut flour
- Ground flax seed (mix 50/50 with almond or coconut flour)

## Nut/seed butter options:

- Almond butter
- Cashew butter
- Sunflower seed butter
- Peanutbutter
- Tahini (sesame seed butter)

## Wet sweetener options:

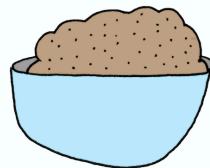
- Date syrup
- Maple syrup
- Honey
- Coconut nectar

## Flavoring Powder:

- Cacao powder
- Matcha powder
- Golden Milk powder

## Super Food Powder:

- Ashwaganda powder
- Bee pollen
- Maca powder
- Spirulina powder
- Moringa powder
- Mushroom powder (chaga, reishi, lion's mane)
- Protein powder



## Instructions:

-Add all dry ingredients to a bowl and mix with a spoon. Then add wet ingredients and mix thoroughly.

-Consistency of the mixture should be somewhat moist so that all ingredients can stick together. If your mixture is too dry, add a bit more wet ingredients. If your mixture is too wet, add a bit more dry flour.

-Taste your mixture. Add more sweetener or flavoring powder if needed.

-Roll your mixture into 1 inch balls.

-Option to roll the balls into a topping like cacao nibs, coconut flakes, hemp seeds, or cacao powder.

-Enjoy immediate or make a larger batch and put them in the refrigerator or freezer for later.

## Super tips:

- Almond meal is the easiest to work with in this recipe. If using coconut flour you might have to add more wet ingredients. If using flax meal, I'd make sure to mix it with an additional flour.
- Go easy on the super food powders, a little goes a long way.
- Cacao powder covers up not so tasty super food powders very well!
- Try different combinations to find your flavor! Don't be afraid to mix and match, you can't get it wrong.