

High protein cacao protein truffles

With an impressive 7g protein, 3 g dietary fibre and yet less than 5g sugar per serve (2 small truffles) these cacao truffles make the perfect and filling healthy snack when you are craving something sweet. Feel free to also add some ground cinnamon, or finely grated orange zest.

Makes 24 (2 per serve)

Prep: 15 mins

45g (½ cup) desiccated coconut
½ cup low sugar or unsweetened protein powder
1 tbs cocoa powder, plus extra cocoa to dust
400g can chickpeas, rinsed, drained on paper towel (see Tip)
70g (¼ cup) peanut butter
3 medjool dates, pitted

1 Place coconut, protein powder and cacao in a food processor and pulse to combine. Add chickpeas, peanut butter, vanilla and dates and process until mixture is well combined and comes together in a ball.

2 Roll mixture into 24 even balls. Dust in a little extra cocoa powder if desired. Place in an airtight container and chill until firm.

TIP: it is important to drain as much excess moisture from chickpeas as possible. Truffles will keep in an airtight container in the fridge for up to 1 week.