

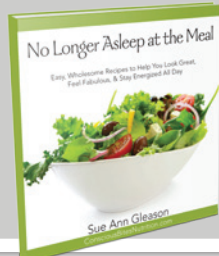
guilt-free chocolate truffles



I like to use this recipe as a base and then play with different spices. A drop of orange oil and some cayenne pepper or a few grains of sea salt pressed into the top of the truffle gives you a whole new taste sensation. Because the truffles are derived from whole foods, you won't find yourself overeating these little gems. They are both tasty and satisfying.

Sue Ann Gleason is a food lover, food writer, food-based healer. Her entertaining, cutting-edge articles on nourishment, the psychology of eating, and the blissful benefits of chocolate have appeared in various publications as well as her own eco-friendly blog: ChocolateforBreakfast.com

When not working with private clients, Sue Ann can be found sampling exotic chocolates or building broccoli forests in her mashed potatoes.



Visit her [Conscious Bites Nutrition](http://ConsciousBitesNutrition.com) website to claim your free ebook: *No Longer Asleep at the Meal: Easy, Wholesome Recipes to Help You Look Great, Feel Fabulous & Stay Energized All Day*

Ingredients

- 1 cup pitted prunes
- ½ cup pitted dates
- 3 tablespoons almond butter
- 1 tablespoon high-quality maple syrup
- 1 teaspoon Vietnamese cinnamon
- 3 tablespoons raw cocoa powder
- ½ cup finely grated raw unsweetened coconut

Directions

Drop the prunes and dates one by one through the feedhole of a food processor. Scrape the processor bowl and run until the prune and date mixture is smooth.

Add remaining ingredients and run until smooth, scraping the bowl as needed.

Roll the mixture into little balls. Dust with cacao powder and refrigerate for at least 1 hour.

Or, double the recipe, roll out the mixture on a sheet of wax paper, and place in the refrigerator for one hour. Take your favorite cookie cutter and make some cookies. It's best to keep cookies in the refrigerator in a single layer so that they don't stick together.