

Healthy Valentines Truffles

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-valentines-recipe>

Ingredients:

- 9 pitted Medjool dates if dry soak in water first to plump up
- 3/4 freeze-dried strawberries I get mine from Whole Foods
- 4 tablespoons unsweetened cocoa powder or cacao or carob
- 1 tablespoon unsweetened shredded coconut
- 1 drop strawberry extract if desired, optional
- cocoa
- coconut
- strawberries

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 8 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 5 milligrams
8. Sugar: 2 grams

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