

CHOCOLATE TRUFFLES - NO ADDED SUGAR



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INGREDIENTS

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YIELD - 16 TRUFFLES (20g each)

	QUANTITY	QUANTITY (CUPS)
60% sugar-free Chocolate	150 grams	1 CUP
Nonfat Greek Yogurt	150 grams	2/3 CUPS
Non-fat Powdered Milk	25 grams	1TBsp (Table spoon)



HOW TO MAKE

1. Place the chopped **Sugar Free Chocolate** in a microwave-safe bowl. Microwave for 25 seconds. Remove the bowl from the microwave, stir the chocolate, and return to the microwave for another 25 seconds.
2. Repeat this process in 25 second intervals, stirring in between each interval, until the chocolate is completely melted.
3. In a separate bowl, combine **Greek Yogurt** and **Powdered Milk**, mix until smooth and well combined.
4. Gradually add the melted chocolate to the yogurt mixture, whisking continuously until fully incorporated and smooth.
5. Cover the mixture with plastic wrap, pressing the wrap directly onto the surface of the chocolate mixture. Refrigerate for approximately 1-2 hours.
6. Using a kitchen scale, you can portion the mixture into 20 gram portions, and roll each portion into a ball.

STORAGE: KEEP REFRIGERATED.



ADDITIONAL TIPS

- This is a versatile recipe. If you prefer not to roll the mixture into truffles, skip step 6 and serve a small portion in a dish.
- If you prefer a sweeter result, you can add 1/2 tsp (teaspoon) of Stevie Sweetener.
- For extra protein, you can replace the Non-fat Powdered Milk with the same amount of Protein Powder.



NUTRITION FACTS

Portion: 2 truffles (40g)

CALORIES	105
Total Carbohydrate	9.5g
Total sugar	3g
Included Added Sugar	0 g
Total fat	6.5 g
Protein	4.3 g
Dietary Fiber	3.6 g