

DELIGHTFUL DATE TRUFFLES

*Soy-free, wheat-free, oil-free

For a lighter treat after a heavy meal, these truffles will do the trick.

- 1 cup (145 g) raw almonds or walnuts
- 20 large (Medjool) dates, pitted
- 1 tablespoon (15 g) unsweetened cocoa powder
- Zest from 1 medium-size orange
- 2 tablespoons (40 g) agave nectar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ⅓ teaspoon salt
- Cocoa powder, for rolling

DIRECTIONS

Grind almonds in a food processor until fine. Add dates, cocoa powder, orange zest, agave nectar, cinnamon, nutmeg, and salt, and process until mixture forms a ball. If mixture doesn't stick together, add more agave nectar.

Form 30 small balls out of mixture. Roll in cocoa powder, and serve on a pretty candy dish. They also store well in the refrigerator and freezer.

YIELD: 30 servings

SERVING SUGGESTIONS AND VARIATIONS

As with the Decadent Chocolate Truffles on page 222, you can roll these date truffles in anything from shredded coconut to ground nuts, or dip them in melted nondairy chocolate, and let them set in the fridge.

COMPASSIONATE COOKS' TIP

A food processor makes these gems in a snap, but a blender just makes a mess. If you'd like to do this by hand, soften the dates in boiling water for about 5 minutes, then transfer them to a bowl and mash with a potato masher. Add the ground nuts and other ingredients and mix thoroughly with your hands.

Per serving: 47 calories; 3g fat; 1g protein; 6g carbohydrate; 1g dietary fiber; 0mg cholesterol; 10mg sodium.