

CHOCOLATE COCONUT TRUFFLES

INGREDIENTS

- 2 ripe bananas
- $\frac{3}{4}$ cup desiccated coconut and $\frac{1}{4}$ cup for decoration
- $\frac{3}{4}$ cup almond meal
- $\frac{1}{2}$ cup sunflower seeds
- 3 tablespoons chia seeds
- $\frac{1}{2}$ tsp - 1 teaspoon cinnamon
- 1 to 2 teaspoons of stevia powder (this is optional depending on how sweet you like your truffles)
- 2 tablespoons cacao powder

METHOD

- Add all the ingredients to your food processor and blend for 1 minute until mixture is dough-like and sticks together. Sprinkle left-over coconut onto a flat plate. Take dessertspoon-sized portions of the mixture, roll into a ball and then roll in the coconut. Put truffles into a container and leave in fridge. Truffles will last in the fridge for about a week and they do freeze also.



DETOX