



# ← Recipe Card →

## RECIPE NAME:

RED VELVET HEART TRUFFLES

## INGREDIENTS:

These are originally designed to fit into a heart shape, hand, for Valentine's Day.

\*One small red beet, peeled and quartered

\*10 pitted Medjool dates, soaked in water for 20 minutes, drained

\*1 cup cup, rolled oats

\*1/2 cup sunflower seeds

\*2TBS raw cacao powder or carob powder

\*1/2 small avocado

Coating:

32 oz dairy free – sugar-free chocolate, melted  
(This seemed like a lot, I only used about 8 ounces)

Heart shape silicone mold

## DIRECTIONS:

Place beets,(soaked, and drained) dates, oats, sunflower, seeds, cacao/ carob powder, and avocado in high-speed blender.

Blend until completely smooth. Form into a ball with a melon baller, about 1 1/2TBS each and place in the heart shaped mold.

Melt chocolate and pour over balls. Place in refrigerator. 1/2 hr. Then pop out of silicone mold, keep in an airtight container up to three months.



