

---

Chocolate Truffles with Coconut Oil + A Giveaway!



READY IN  
2 1/2 hours (with chill time)



SERVES  
24 truffles

These Chocolate Truffles are a crowd-pleasing treat and make excellent gifts (especially for those who don't believe eating healthy can be delicious and satisfy your sweet tooth every once in a while). This version is vegan, gluten-free and has the benefits of coconut oil (including medium-chain triglycerides and lauric acid). If you're on one of my programs, I recommend waiting until you're in the Transition Phase to enjoy these treats.

---

And if you share this recipe and tag #EatFatGetThinGiveaway, you'll get the chance to win a jar of Nutiva coconut oil!

---

### – INGREDIENTS –

- 12 ounces unsweetened dark chocolate, chopped
  - ¼ cup Nutiva Virgin Coconut Oil
  - ¾ cup coconut milk (full fat) or coconut cream
  - 1 teaspoon alcohol-free vanilla extract
  - ¼ teaspoon sea salt
  - Stevia, honey or maple syrup to taste
  - For the coating:
  - ½ cup cocoa powder OR coconut flakes OR slivered almonds (optional)
- 

### **Step 1:**

Using a double boiler, melt the chocolate and coconut oil together, stirring continuously. Add the coconut milk and whisk until smooth.

---

### **Step 2:**

Remove from heat, then add the vanilla, salt, and a little bit of the recommended sweetener.

---

### **Step 3:**

Chill mixture for 2 hours or until set.

---

### **Step 4:**

Using a tablespoon, scoop a spoonful of the mixture, roll into a ball and then roll

---

in coating of your choice.

---

### **Step 5:**

Return finished truffles to the refrigerator and chill truffles for at least 10 minutes, then serve.

---

### **Step 6:**

Store in a cool place.

---

### **📄 Nutritional analysis per serving**

Nutritional analysis (per 1 serving without sweetener or coating):

Calories 96 • Fat 10 g • Fiber 6.9 g • Protein 2 g • Carbohydrate 5 g • Sodium 22 mg

---