



THOUGHTFUL COOKING WITH TINA

Vegan Chocolate Truffles with Dates & Hazelnuts

SERVES 12 - 14 · 1 HR

Easy vegan chocolate truffles with Medjool dates, cacao and roasted hazelnuts — rich, fudgy and naturally sweetened, at around 95 calories apiece.

INGREDIENTS

200g Medjool dates, pitted
1 tbsp extra virgin olive oil
3 tbsp organic cacao powder (or 2 1/2 tbsp if you prefer them sweeter)
2 tbsp ground flaxseed
2 tbsp roasted hazelnuts, ground
2 tsp tamari or, 1/2 tsp fine sea salt
¼ tsp Madagascan vanilla paste
2–4 tbsp Dutch-process cacao powder, for rolling

ALLERGENS

Soya · Nuts

METHOD

1. Soften the dates by soaking them in just-boiled water for 5–8 minutes, then drain thoroughly.
2. Add the dates, olive oil, cacao powder, ground flaxseed, ground hazelnuts, tamari, and vanilla paste to a food processor. Blend the mixture until it becomes thick, cohesive, and paste-like. Scrape down the sides as needed. It will be sticky but will firm up in the fridge.
3. Scoop out portions (about 20–25g each) and roll into balls.
4. Place on a tray lined with parchment paper and chill for about 40 minutes until they're firm.
5. Roll the truffles in cacao powder. If the mix is still a bit sticky, do a first light coat, chill again, then re-roll for a better finish.

PER SERVING · estimated

~95.0 kcal · Protein ~1.60g · Fat ~3.90g · Carbs ~14.6g · Fibre ~2.20g