

No-added-sugar  
Hazelnut Truffles

WAYS  WELL

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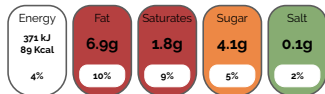
# No-added-sugar Hazelnut Truffles

Vegetarian and High Fibre | Contains nuts and sulphites

MAKES 30 TRUFFLES

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Per Average Serving



Of an adult's Reference Intake (84000kJ / 2000Kcal)  
Typical values per 100g: Energy 1371kJ/328Kcal

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## INGREDIENTS:

240g blanched whole hazelnuts  
160g pitted dates  
200ml boiling water  
80g cocoa powder  
60g desiccated coconut

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## METHOD:

1. Preheat the oven to 170C. Roast the hazelnuts in the oven for 6-8 minutes then roughly chop.
2. Soak the dates in the boiling water (enough to cover) for 10 minutes.
3. Drain the dates, reserving the water. Put 60g cocoa, the dates, hazelnuts and coconut into a blender. Blend together to form a stiff dough, adding the reserved date water to help bind the mixture if required (you don't want it too wet).
4. Roll the mix into 30 even balls and coat in the remaining cocoa powder. Store in an airtight container.