

CLAIRE CLERKIN

NUTRITIONAL THERAPY

ENERGY BALLS FOR A BOOST!



HIGH FIBRE CHOCOLATE TRUFFLES

Makes 12

INGREDIENTS

- 1 cup almonds – lightly toasted in the oven
- ½ cup cocoa powder
- 3 tbsp coconut oil
- 6 pitted dates or prunes
- Pinch sea salt
- ¼ tsp cinnamon
- ½ tsp vanilla extract
- 2 cardamom pods, seeds finely ground

METHOD

1. Place almonds in the bowl of a food processor. Pulse until coarsely chopped.
2. Add remaining ingredients and pulse until mixed thoroughly .
3. Shape mixture into one-inch balls (about the size of a Ferrero Rocher).
4. Roll truffles in shredded coconut, crushed nuts (pistachios, almonds, hazelnuts) or cacao powder
5. Freeze for 30 minutes or until firm.
6. Keep refrigerated for up to 2 weeks or freeze in an airtight container or freezer bag for up to two months.

VEGAN / DF / GF. CONTAINS NUTS

TAHINI BLISS BALLS

Makes 12

INGREDIENTS

- 1 cup of rolled oats
- 1/4 cup of tahini
- 1/4 cup coconut oil
- 2 tablespoons of honey
- 2 tsp cinnamon
- 1/2 cup of chopped walnuts or desiccated coconut

METHOD

1. Place all the ingredients except for the walnuts/coconut in a food processor and process until smooth.
2. Roll the mixture with your hands into small balls.
3. Pour the walnuts or coconut on a chopping board and coat the balls.
4. Refrigerate until firm. Keep in the fridge in a sealed container.

VEGAN* / DF / GF** CONTAINS SESAME SEEDS/NUTS

*REPLACE HONEY WITH MAPLE SYRUP

**USE GLUTEN FREE OATS

AVOCADO CHOCOLATE TRUFFLES

Makes 15

These do not taste of avocado, but the healthy fats give the truffles a rich mouthfeel and a creamy texture.

INGREDIENTS

- 160g good quality dark chocolate (70%+)
- ½ medium avocado (ripe)
- 1/3 cup toasted hazelnuts (or almonds, or walnuts)
- 1 teaspoon vanilla extract
- Optional flavourings: ground ginger, ground cinnamon, chai spices, ground cardamom, rose water

METHOD

1. Break the chocolate into pieces and melt in a glass bowl over a pan of simmering water.
2. Pulse the nuts in a food processor until they are gritty (you can make them finer for a smoother textured truffle)
3. Mash the avocado into a smooth paste
4. Once the chocolate has melted, remove it from the heat and allow to cool for 5 minutes before adding the avocado, nuts and vanilla extract
5. Add any flavourings if you like. SEE TIPS
6. Allow the mixture(s) to firm up in the fridge for 15-20 minutes
7. Take about a tablespoon of mixture and roll into truffles with your hands.
8. Roll in cocoa powder, ground pistachio nuts or desiccated coconut to finish
9. Store in an airtight container in the fridge for a week.

VEGAN / GF. CONTAINS NUTS

TIPS:

1. Divide the mix in two to get a variety of flavours.
2. If adding dried spices like ginger or cinnamon, use about 1 tsp per half batch.
You can add more to taste, but the texture will change slightly, so work carefully.
3. Rose water and liquid essence like peppermint or coffee can be very strong, so add a little at a time.
4. If you have spilt the batch you can make alternative shapes to differentiate between your flavours (small round or triangulated logs) or roll them in different dry ingredients (e.g. coconut, cocoa powder, crushed nuts, cocoa nibs).