



By Krista A. Parr

## Spiced Cacao Truffles

These rich chocolate truffles are free of dairy, gluten, and refined sugar and packed with antioxidants, healthy fats and whole-food goodness. Guilt-free dessert pleasure for any occasion! This recipe is inspired by and adapted from a recipe of Andrea Potter's, founder of Rooted Nutrition [www.rootednutrition.ca](http://www.rootednutrition.ca)

### Ingredients:

1 cup raw cashews, soaked in plenty of water for at least 5 hours, or overnight  
½ cup raw cacao powder (this is different than cocoa powder, which is full of fillers)  
1 cup pitted dates, soaked in very hot water for about 10 minutes (drain well after)  
½ cup raw honey  
2 Tbsp vanilla extract  
½ teaspoon ground ginger  
1 Tbsp cinnamon  
½ teaspoon sea salt  
¾ cup coconut oil, melted  
Additional cacao powder for rolling

### Directions:

1. Drain and rinse the cashews.
2. In a high-powered blender or food processor, combine all the ingredients except for the coconut oil and blend until smooth.
3. Slowly add the coconut oil as it blends.
4. Once the coconut oil is incorporated, pour the mixture into a bowl or container.
5. Refrigerate until set.
6. Scoop teaspoon-sized portions and form into balls.
7. Roll in the cacao powder.
8. Freeze and serve cold.

*Krista A. Parr is a Vancouver Registered Holistic Nutritionist and founder of Root to Fruit Nutrition, specializing in clean eating for fertility. She is passionate about guiding women onto a nourishing, supportive diet. [www.RootToFruitNutrition.ca](http://www.RootToFruitNutrition.ca)*

