



Chocolate-Hazelnut Truffles

Prep: 15 minutes | Chill: 1 hour | Total: 1 hour 15 minutes

Yield: 18 servings | Serving Size: 1 truffle

Ingredients

- 1 cup uncooked old-fashioned (rolled) oats
- ½ cup toasted hazelnuts (filberts) or almonds
- 1 (15-ounce) can no-salt-added garbanzo beans (chickpeas), drained and rinsed
- ⅔ cup chocolate-hazelnut spread
- 1 teaspoon vanilla extract

Directions

1. Add the oats and hazelnuts or almonds to the bowl of a food processor. Pulse or blend on low until finely ground into a powder.
2. Add the beans, chocolate-hazelnut spread, and vanilla extract. Pulse to chop the beans into small pieces.
3. Blend until the mixture resembles a thick dough, about 4-6 minutes, stopping to scrape down the sides as needed.
4. Line a baking sheet or casserole dish with parchment paper or wax paper, then place it next to the food processor.
5. Carefully remove the blade from the food processor, then use a 2-tablespoon disher (spring-loaded cookie scoop) to portion the mixture onto the baking sheet.
6. Use clean hands to gently roll each portion into a ball.
7. Place the truffles in the refrigerator to chill, at least 1 hour and up to overnight.
8. Serve cold or at room temperature.

Recipe Notes

- For a stronger chocolate flavor, roll the truffles in unsweetened cocoa powder before chilling.
- These truffles will keep in the refrigerator for up to 7 days, or in the freezer for up to 6 months.

**Nutrition Facts Per Serving: Calories: 165 | Total Fat: 8.5 g | Saturated Fat: 2 g
Sodium: 10 mg | Total Carbohydrate: 19.5 g | Dietary Fiber: 2 g | Protein: 4 g**

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