



Play Better! Feel Better! Practical Solutions for All Ages and Levels

Practice Booster Truffles

Servings:

12 to 15 truffles, dependent on your desired truffle size
(these pack a big caffeine punch, so I keep mine small)

Ingredients:

Dates: 100 grams, finely chopped

Cashews: 55 grams

Hazelnuts: 45 grams

Cocoa powder: 10 grams

2 oz. shot of espresso at room temperature

Process:

1. Combine 2oz shot of espresso and dates in a bowl, mix well to make sure all dates are coated with espresso
2. Cover and place in a fridge for about an hour
3. After dates have softened, squeeze excess liquid from the dates, trying to leave them as dry as possible
4. Place dates, hazelnuts, cashews and cocoa powder in a food processor, or use hand blender, and mix to a desired consistency (I prefer the mix to be a little chunky)
5. Place contents in a bowl and refrigerate for 6 or more hours (overnight is best)
6. Take the mix out of the fridge and using a spoon take small amounts (your desired portion) of the mix and roll each spoonful in your hands.
7. Place in a flat container, and store in the refrigerator for up to 1 week.

Enjoy!

Victoria

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