

LUSCIOUS LAVENDER RAW CHOCOLATE TRUFFLES

by Anna Hartman

Vegan, Vegetarian, Paleo, Raw, Gluten-Free, Wheat-Free, Dairy-Free



INGREDIENTS

Shredded coconut 1 cup
Raw macadamias 2 cups
Raw cacao powder ¾ cup
Pure maple syrup ½ cup
Himalayan salt 1 tsp
Pure vanilla extract 1 tsp
Pure essential lavender oil ½ tsp

GANACHE COATING

Coconut oil 1 cup
Pure maple syrup ½ cup
Raw cacao powder ½ cup
Himalayan salt 1 tsp
Pure vanilla extract 1 tsp

DIRECTIONS

1. Process coconut and macadamias about 30 seconds.
2. Add remaining ingredients and process to a dough consistency.
3. Refrigerate dough for 20 minutes.
4. Roll dough into trufflesized balls and place on tray lined with baking paper.
5. Freeze for 30 minutes.
6. Meanwhile make ganache coating by processing all ingredients. Dip truffles in ganache coating with a fork or toothpick.
7. Place back in freezer to set.

ANNA HARTMANN

Founder of Bearfoot Wholefoods, International Best Selling Author, Yogi, EFT & Health Coach, Matrix Reimprinting Practitioner, Speaker.

I am a single mother of two daughters, Nikita (13) and Alexandra (10), and founder of Bearfoot Wholefoods on the Gold Coast which began as a hobby paleo food business three years ago.

At the time I was juggling an online degree, part time night shift, intense Crossfit training and 100% sole parenting. A bad case of pneumonia brought training to a grinding halt and I started taking a closer look at my nutritional health and the nutritional contents of my children's lunch boxes. I decided to defer my studies to see where this business would take me.

Bearfoot Wholefoods has evolved into a full scale manufacturing operation, shipping around 1.2tn of product around Australia each month.

Recently became an international best selling author with my first book Elevate Your Success.

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