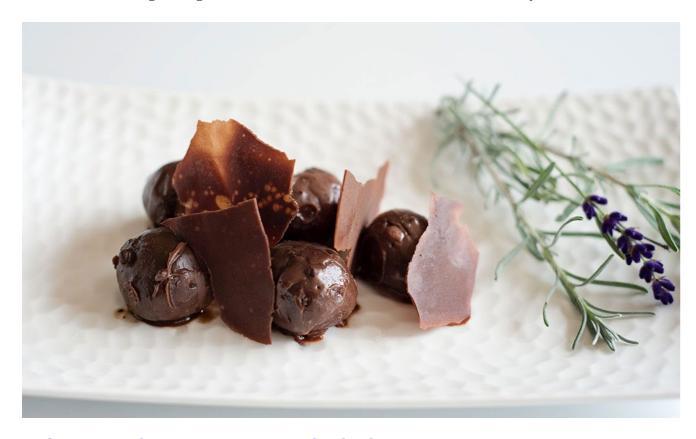
# LUSCIOUS LAVENDER RAW CHOCOLATE TRUFFLES

## 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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