

Dark Chocolate Truffles



Makes:

10 truffles

Utensil:

1 Qt./9 L Sauce Pan with Cover

small mixing bowl

medium mixing bowl

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Recipe:

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4 ounces

dark chocolate

(113

g)

¼ cup

fat-free half & half

(60

mL)

½ teaspoon

orange extract, optional

(2.5

mL)

1 tablespoon

cocoa powder

(5

g)

Directions:

1. Using a serrated knife, cut chocolate into pieces. Place chocolate pieces in a medium heat-proof mixing bowl. Set aside.
2. In sauce pan, bring half & half to a simmer over medium heat. Remove from heat. Add extract, if desired.
3. Pour half & half over chocolate pieces. Let stand 1 - 2 minutes and then blend until smooth. This mixture is called ganache. Refrigerate ganache approximately 1 hour.
4. Using a melon baller or very small ice cream scoop, scoop out balls of hardened ganache. Use your hands to shape into smooth spheres and place on waxed paper.
5. Place cocoa powder in a small bowl. Use 2 spoons to pick up each ganache ball and roll it in the cocoa powder. Transfer to a serving plate.

Tips:

- Truffles can be refrigerated in an airtight container for up to a month.
- Can substitute orange extract with other flavors such as

- coconut, strawberry or almond.
- Try coating the ganache balls in additional melted chocolate for a hard chocolate shell.
 - Try adding whole almonds, pecan halves or dried fruit pieces to the center of the ganache when forming into balls; and try rolling the ganache balls in crushed nuts or a mixture of cinnamon and sugar.

Nutritional Information per

▼ Serving

Calories: 66

Total Fat: 5g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 6mg

Total 6g

Carbs:

Dietary Fiber: 1g

Sugar: 3g

Protein: 0g