CHRISTMAS TRUFFLES

- 26g Cocoa dark supreme – LINDT 90%
- 10g Cacao butter – SEVENHILLS ORGANICS
- 2g Cocoa - BOURNVILLE
- 3g Chopped and roasted hazelnuts – MORRISONS HOME BAKING
- 36g Double cream
- 5g Icing sweetener - NATVIA or SUKRIN

You will also need a few drops of orange, rum or brandy essence (optional).

Chop the Lindt and cacao.

Heat the cream in a small pan until it comes to a simmer.

Remove pan from the heat then add the cacao and Lindt with the sweetener, stir gently until melted. Add the chopped hazelnuts.

Leave in the fridge until firm. When firm, shape into balls (using two teaspoons helps with this). I found a teaspoon of the mixture is just enough, there is no need to make them perfectly round, they will still taste good!!

Put the cocoa in a small ramekin dish, add two truffles at a time and just swish them gently, they will cover quite well. Return to the fridge to set completely.

Mo’s tip: Use a cocktail stick to help you lift the truffle from the cocoa.

I made 9 but it will depend on the size you want. **If you make 9 then each 1 is 0.5g CHO.**

Serve in pretty sweet cases.

They will stay in shape at room temperature but like any chocolate, will melt a bit if they get too warm!!

The truffles will keep in the fridge for at least 1 week but place in paper cases just before serving.

Easy to make ahead for a Christmas treat.

**PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.**

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription. Please take this recipe to your diettian and he / she will help you to do this.

**PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION**