

FROM THE KITCHEN OF KAYA HOLISTIC

Cacao Cashew Energy Truffles

VEGAN

Makes 15-20 truffles depending on size

Soak time: 4-6 hours
Preparation time: 30 minutes
Prepare ahead: up to 24 hours



Pictured: Ayurvedic-based plant powder toppings (rose, butterfly pea powder, and adaptogenic mushrooms + cacao)

INGREDIENTS

- 1 cup pitted dates* soaked in hot water
- 1 cup raw unsalted cashews soaked in hot water
- 3/4 unsweetened raw cacao
- 1-2 tbsp melted coconut oil (or peanut butter)
- 1 teaspoon vanilla extract
- Pinch of sea salt
- *or any sweet juicy dried fruit e.g. apricots, cranberries, sultanas*

INSTRUCTIONS

1. Soak the dates with 1 cup of hot water for 30 min and strain.
2. Soak the cashews with 1 cup of hot water 30 minutes and strain.
3. Puree the cashews and pulse all the major chunks are broken up a bit.
4. Add the soaked dates and pulse until a thick dough mixture is formed.
5. Add coconut oil (or peanut butter)
6. Combine remaining dry ingredients and add to mixture
7. Add vanilla extract and sea salt. Blend until all the ingredients are well combined into a thick doughy mixture
8. (optional) The dates should provide enough sweetness, but you can add a little honey or agave syrup to sweetened as needed
9. Place in fridge for about an hour until firm to touch.
10. Use a small scoop or spoon to form small balls. Then, using your hands, roll the mixture into small truffle-sized spheres.
11. For the coating, roll truffle balls in preferred topping. Place the coated truffles on a plate and refrigerate for up to two weeks, freeze extras.

VARIATIONS

We've tried using a variety of additions to the dough mixture including: orange zest, lemon zest, finely chopped mint, cardamom powder, cinnamon powder, and grated ginger. We've also tried a variety of toppings: plant powders (rose, butterfly pea powder, matcha, or cacao with adaptogenic mushrooms), chopped nuts, shredded coconut. **Get creative based on the season or celebration**—the combinations are endless!

Some of Our Favorite Combinations

- Lemon Zest & Ginger with Shredded Coconut Topping
- Orange Zest & Ground Cinnamon with Cacao Powder Topping
- Dried Cranberries & Orange Zest with Chopped Walnut Topping
- Chopped Mint & Rose Powder with Powdered Sugar Topping
- Peanut Butter with Cacao Powder Topping (use peanut butter instead of coconut oil for the dough mixture)

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