

3 Ingredient Keto Chocolate Truffles

Hands-on 10 minutes Overall 2 hours

Nutritional values (per truffle): Total carbs: 3.8 g, Fiber: 1.3 g, **Net carbs: 2.5 g**,

Protein: 1.9 g, Fat: 12 g, Calories: 119 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 16 truffles)

255 g [sugar-free dark chocolate chips](#) such as [Lily's](#) or [85-90% dark chocolate chips](#) (9 oz)

1/2 cup heavy whipping cream or [coconut milk](#) (120 ml/ 4 fl oz)

Optional: 1 tsp [cinnamon](#) or sugar-free vanilla, mint, orange, maple or almond extract

2 tbsp [cacao powder](#) or [Dutch process cocoa powder](#) for dusting (11 g/ 0.4 oz)

Note: The darker the chocolate, the more cream you will need. For the 90% dark chocolate, you will need up to 1 cup of cream. Instead of [cacao powder](#) for coating you can use other ingredients such as [unsweetened shredded coconut](#), [slivered almonds](#) or [hemp seeds](#).

Instructions

1. Place the chocolate in a large heatproof bowl.
2. Heat the cream plus any flavoring (try cinnamon or vanilla, mint, orange, maple or almond extract) a small pot over medium heat until simmering. Pour the hot cream over the chocolate.
3. Let the chocolate soften for a minute or two, and then gently stir to melt.
4. Transfer to the refrigerator to chill for 1 to 2 hours.
5. Once chilled use a spoon to scoop up a small amount (about 24 g/ 0.9 oz) of the mix and roll into a ball. Repeat with remaining chocolate and place truffles in an airtight container to store.
6. Roll each ball in cacao powder.
7. Store in an airtight container in the refrigerator for up to one week.

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