

Keto Chocolate Ganache Gingerbread Truffles

Hands-on 30 minutes Overall 2 hours

Nutritional values (per serving, 1 truffle): Total carbs: 11.4 g, Fiber: 9.5 g, Net carbs: 1.8 g,

Protein: 1.6 g, Fat: 10.6 g, Calories: 125 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 20 truffles)

Truffles:

1 cup heavy whipping cream or coconut cream (240 ml/ 8 fl oz)

2 tbsp brown sugar substitute such as golden Erythritol or Sukrin Gold (20 g/ 0.7 oz)

1/2 tsp sugar-free vanilla extract

3/4 tbsp ground ginger

3/4 tbsp ground cinnamon

250 g sugar-free dark chocolate chips or at least 85% dark chocolate (8.8 oz)

Chocolate shell:

125 g sugar-free dark chocolate chips or at least 85% dark chocolate (4.4 oz)

1 tbsp virgin coconut oil (15 ml)

Optional: sprinkling ground ginger, nutmeg or cinnamon

Instructions

1. Add the heavy cream (or coconut cream), brown sugar substitute (such as golden Erythritol), vanilla, ground ginger and cinnamon to a pan.
2. Heat until hot but not boiling over. Add the first part of the chocolate (use sugar-free dark chocolate chips or at least 85% dark chocolate) and allow to melt for about 5 minutes. Do not mix or it may split.
3. Once the time is up stir with a spatula to combine. Do not over stir or you risk splitting the chocolate. Scrape into a container, cover in cling film and set in the fridge for 2 hours.
4. Once set, use small ice cream scoop or a tablespoon to scoop balls (about 25 g/ 0.9 oz each). Roll into balls. If not coating in the chocolate shell then simply dust or roll in cinnamon & ginger mix or use raw cacao.

5. Otherwise, heat 3/4 of the chocolate with the coconut oil over a pan of boiling water until melted. Stirring occasionally. Remove from the heat and add the remaining chocolate. Stir until it melts. (Option to pop back on the heat to reach 31 °C/ 88 °F if it's not all melted.)
6. When the filling is chilled, skewer each keto truffle with a toothpick and dunk or spoon over the chocolate. If the chocolate is too thin just let it stand at room temperature for a few minutes to cool and thicken slightly.
7. Place into half a cut apple or orange to set over a baking tray lined with parchment. This prevents you getting a rim on the truffle like you would if you put it on a baking tray.
8. Place in the fridge to set or leave at room temperature until the chocolate shell is hard. Remove the toothpick and enjoy. Store in the fridge for up to 2 weeks, or freeze for up to 3 months.

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