

[FREEZER STASH]

# 2 TRUFFLES SESSION

CINNAMON RAISIN TRUFFLE  
"CHOCOLATE" ORANGE TRUFFLE



# WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making two different Paleo and AIP-friendly truffles.

## HOW MANY SERVINGS DO THIS MAKE?

This makes approximately 8-10 servings of each truffle (depending on how big you make them). Feel free to double or triple the recipe if you want more.

## HOW LONG CAN THESE BE STORED?

These truffles last 7 days in the fridge or 3 months in the freezer.

## HOW LONG DOES THIS SESSION TAKE?

This session will take less than 15 minutes.



# SHOPPING LIST

## FOR THE CINNAMON RAISIN TRUFFLES

- 1 cup Raisins
- 1 cup Tigernut or Cassava Flour (or Almond Flour if successfully reintroduced or if you're not on AIP)
- 1 teaspoon Cinnamon
- 1 tablespoon Avocado Oil or melted Coconut Oil

## FOR THE "CHOCOLATE" ORANGE TRUFFLES

- 10 Soft Dates pitted
- 1 Orange - zest of the whole orange and 2 tablespoons of the Orange Juice
- 1 tablespoon Avocado Oil or melted Coconut Oil
- 3 tablespoons Carob Powder + 2 tablespoons for dusting (or you can use Cocoa Powder if successfully reintroduced or if you're not on AIP)

# ORDER OF OPERATIONS

## 1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your pantry ingredients for easy access. Gather the following equipment:

- Food processor
- Airtight container (freezer bag, Tupperware)

## 2: PREP THE CINNAMON RAISIN TRUFFLES

Place the following into a food processor:

- 1 cup Raisins
- 1 cup Tigernut or Cassava Flour
- 1 tsp Cinnamon
- 1 tablespoon Avocado Oil or melted Coconut Oil

Blend for about a minute. Check at this point to see if the mixture sticks together when you pinch it with your hands. If it doesn't, add another tablespoon of oil and blend again for another 15 seconds.

Scoop out a small amount of the mixture and roll into a ball with your hand. Set aside and continue scooping and rolling until all of the mixture has been used up.

Store in an airtight container in the fridge for up to a week or in the freezer for up to 3 months.

## 3: PREP THE "CHOCOLATE" ORANGE TRUFFLE

Place the following into a food processor:

- 10 Soft Dates pitted
- 1 Orange zest of the whole orange and 2 tbsp of the Orange Juice
- 1 tablespoon Avocado Oil or melted Coconut Oil
- 3 tablespoons Carob Powder + 2 tbsp for dusting (or you can use Cocoa Powder if successfully reintroduced or if you're not on AIP)

Blend until it becomes a smooth paste. You may have to scrape down the sides a few times.

Place 2 tablespoons of carob powder in a bowl or plate and then scoop out a small amount of the date mixture and roll it into a ball with your hands.

Roll in the carob powder, shaking off any excess.

Store in the fridge for up to a week or in the freezer for up to 3 months. Thaw in the fridge or on the countertop before enjoying

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