

## Dark Chocolate, Raspberry & Coconut Manna Truffles

**Yields: Roughly 15-25 truffles depending on mold size**

### Ingredients:

1 cup coconut manna, jar placed in a bowl of very hot water for 15 minutes.

1 cup cacao paste, chopped into tiny pieces

1 cup cacao butter

¼ cup yacon syrup OR coconut sugar OR stevia to taste

1 cup choice berry (*Strong scientific evidence exists that eating berries has beneficial effects on the brain and may help prevent age-related memory loss and other changes*)

option 1: ½ tsp. cinnamon and ¼ tsp. chili

option 2: 1 tsp. fresh ginger juice; coffee, hazelnut, or almond extract

option 3: 1 tbsp. brandy, or espresso

option 4: 2 tbsp. finely chopped nuts or crystalized ginger

### Method:

Make sure coconut manna has been softened until creamy (solids and oil incorporated).

Place cacao paste and cacao butter in a bain-marie (double boiler) and whisk until completely smooth. Add desired sweetener.

Pour melted chocolate into little candy mold cups ¼ of the way up the mold.

Place a berry or other choice filling in the center of the chocolate. Chill for 20 minutes. Follow by pouring softened coconut manna in the mold over the chocolate and filling.

Chill for 10 minutes or until completely hardened. Pop out of molds to enjoy! Dust with powdered cacao OR matcha if desired.

## Info on Certain Brain Boosting Recipe Ingredients

### **Cacao (Buy cacao paste for melting, cacao nibs for adding to recipes unmelted)**

- *Helps boost brain levels of serotonin, the feel good brain chemical.*
- *Has the highest source of antioxidants and magnesium of all foods.*
- *Contains flavanols an anti-inflammatory and heart protective antioxidant that helps protect against cardiovascular disease, reduce the risk of stroke, and help improve blood circulation. **Tip: Add a teaspoon to smoothies, iced matcha or trail mixes.***

### **Coconut Butter (Coconut Manna)**

- *Packed with lauric acid, which is incidentally super high in breast milk, which boosts immunity and destroys harmful bacteria and viruses.*
- *Anti-fungal due to its caprylic acid, known to kill Candida Albicans yeast, caused by anti-biotics, birth control pills and modern living.*
- *Rich in medium chain triglycerides (MCT) which go straight to the liver, where it's burned for energy. Helps stimulate metabolism so you burn more calories each day. **Tip: Add a spoonful to smoothies, iced coffee or eat out of jar ;-)***

### **Yacon Syrup (Very low glycemic sweetener)**

- *The roots and leaves are high in polyphenols. Polyphenols are a type of anti-oxidant that has been shown useful in the prevention of cancer, diabetes or heart disease..*
- *The sugar in the root and syrup consists primarily of fructooligosaccharides (FOS). These sugars are not digested by the body and therefore yacon is great for calorie reduced and low sugar diets.*
- *FOS is also a prebiotic which helps create a healthy bacterial probiotic environment in the gut. **Tip: Use anywhere you would use sugar!***