

Mocha Protein Truffles

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Ingredients

Recipe makes 6 muffins

- 30g Chocolate Whey Protein Powder
- 30g Peanut Flour
- 5g Unsweetened Cocoa (plus a little extra to sprinkle on a coating)
- 2 tbsp Strong Coffee



Cooking method

- 1 In a bowl, mix together the protein powder, peanut flour and cocoa. You want this fully combined before adding the coffee.
- 2 Stir everything together until it forms a crumbly mixture. Then get your hands in and knead it until it forms a dough.
- 3 Divide the mixture into six and roll them into balls.
- 4 Roll the balls in a little extra cocoa and put them in the fridge for at least an hour. I suggest using a Tupperware container or covering them with cling film to stop them drying out.

Truffles truly are a guilty treat... UNTIL NOW! The Protein Chef has been busy whipping up a batch of delicious Mocha Protein Truffles - keeping things healthy with JUST 43 calories.

43
CALORIES

6.2g
PROTEIN

2.3g
CARBS

0.9g
FAT

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