



## Spiced Blueberry Pie Truffles with Quinoa

With antioxidant-rich blueberries and fibre-filled quinoa flakes, these bites stand up to the traditional sugar-heavy fruit cream variation. Try strawberries or raspberries in place of blueberries—it's hard to go wrong with berries and cream!

**1 cup (250 mL) coconut butter (not coconut oil)**

**1 cup (250 mL) fresh blueberries**

**3 Tbsp (45 mL) quinoa flakes or organic rolled oats**

**2 Tbsp (30 mL) maple syrup**

**1/4 tsp (1 mL) ground cinnamon**

**1/4 tsp (1 mL) ground dried ginger**

**1/8 tsp (0.5 mL) sea salt**

**Zest of 1 lemon**

**1/2 cup (125 mL/3 oz) dairy-free dark chocolate chips**

**1/2 Tbsp (7 mL) coconut oil**

Line baking sheet with parchment paper and set aside.

In food processor, add all ingredients except chocolate chips and coconut oil. Purée until smooth. Transfer to bowl and chill for 30 minutes to 1 hour until the texture of thick fudge.

In small saucepan over low heat, melt chocolate chips and coconut oil. Set aside.

Scoop chilled truffle mixture out onto prepared baking sheet. Quickly roll into balls (the heat of your hands will begin to melt truffles). Drizzle or coat completely with chocolate and freeze for 1 hour. Transfer to sealed container and refrigerate for up to 5 days.

Makes 12.

Each serving contains: 204 calories; 2 g protein; 16 g total fat (13 g sat. fat, 0 g trans fat); 12 g total carbohydrates (6 g sugars, 4 g fibre); 33 mg sodium >>