

Recipe Name: Nutty Oats Almond Truffle Recipe - A Healthy Snack

Diet Type:

Course: Snack

Cuisine: Continental

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup Dates - soaked in warm water for 10 minutes	16
• 1/4 cup Cocoa Powder	
• 1/2 cup Almond Meal (Badam Powder)	
• 1/4 cup Flax seed powder (flax meal)	
• 1 teaspoon Vanilla Extract	
• 4 Multigrain Digestive Oat Biscuits - broken	
• 1/2 cup Dark chocolate - chopped	
• 1/2 cup Dessicated Coconut	

Preparation

- Soak the dates in warm water and keep aside.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	30	12	4	8