EASTERN EUROPEAN · DESSERT · SNACK

Dark Chocolate Cream Truffles (Erythritol-Sweetened)

30 min · plus 2 hours chilling · Makes 18 × 2 truffles · 188 kcal a portion

Video 4:55 · Сладкий Мастер!

Vegetarian · Gluten-free ingredients · No nuts listed

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Made with 100% cocoa mass, cream and butter and sweetened with erythritol, so two truffles have about 3 g net carbs and no added sugar.

Diet notes: Keto (2.9 g net carbs a serve).

Ingredients 6 · MAKES 18 × 2 TRUFFLES

- [ ] 300 g **cream** (at least 33% fat)
- [ ] 100 g **erythritol**
- [ ] 300 g **cocoa mass** (100% unsweetened chocolate), chopped
- [ ] 50 g **butter** (82% fat)
- [ ] 5 g **vanilla extract** (or vanilla bean paste)
- [ ] 30 g **carob powder** (or cocoa powder), for dusting

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the cream and erythritol in a saucepan and stir over medium heat until the erythritol has completely dissolved. 1:17
2. Add the chopped cocoa mass and keep stirring with a spatula until it melts into a thick ganache. Turn off the heat, add the butter and stir until melted, then take the pan off the stove. 1:23
3. Stir in the vanilla. When the mixture has cooled to warm, blend it with a stick blender until it is smooth, glossy and no longer separated. 1:57
4. Spoon the ganache into a piping bag with a round nozzle (or use a teaspoon) and pipe about 35 truffles of 20 g onto a silicone mat or baking paper. 3:24
5. Refrigerate at least 2 hours until firm, then lift off and dust with carob powder (or cocoa powder). 3:43

> **Tip** Using dark chocolate instead of cocoa mass? The cook says to use 550 g of 85–90% chocolate (or 600 g of 70–80%), which adds sugar and makes them less keto. Chilled ganache can be softened in the microwave and re-blended before piping.

The method is a summary in our words — the video shows every step.

One portion (2 truffles) gives you 1 OF 18 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
188 kcal	3.1 g	6.2 g	3.3 g	17 g	10 mg
790 kJ	6% of a day	2.9 g net · 0.7 g sugars 2% of a day	12% of a day	11 g saturated 22% of a day	0% of a day

Energy from net carbs 7% · protein 7% · fat 86% — fits keto: 2.9 g net carbs, 86% of the energy from fat

Source of (10–19%) Iron 17% · Zinc 16% · Magnesium 15% · Vitamin A 10%

Recipe and video: Сладкий Мастер! (@sweet_master) on YouTube — youtube.com/watch?v=L7eK0HcdEoQ, published 16 April 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cocoa-mass-cream-truffles