



Healthdor

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Vegan Avocado Truffles ♦♦

These vegan avocado truffles are a delicious and healthy treat. Made with creamy avocado, cocoa powder, and sweetened with dates, they are a guilt-free indulgence. Perfect for a snack or dessert.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

200 g	Avocado
30 g	Cocoa Powder
100 g	Dates
30 g	Coconut Flour
1 tsp	vanilla extract

1 pinch Salt

Directions

Step 1

Blending

In a food processor, blend the avocado, cocoa powder, dates, coconut flour, vanilla extract, and salt until smooth.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Scoop out small portions of the mixture and roll into truffle shapes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Refrigerating

Place the truffles in the refrigerator for at least 1 hour to firm up.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter

Course

Desserts Sauces & Dressings

Cultural

Chinese New Year Diwali Hanukkah Oktoberfest Ramadan

Thanksgiving

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$40 to \$50

Demographics

Senior Friendly Diabetic Friendly

Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Vegetarian Diet
Vegan Diet Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet Blood Type Diet
Gluten-Free Diet Low Sodium Diet The Fast Metabolism Diet
The 80/10/10 Diet The Scarsdale Diet The Israeli Army Diet
The Breatharian Diet The Master Cleanse Diet The SlimFast Diet
The 3-Day Diet The CICO (Calories In, Calories Out) Diet The Peanut Butter Diet
The Bulletproof Diet The HCG Diet The Starch Solution Diet The Vertical Diet
The Specific Carbohydrate Diet (SCD)
The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The SIBO (Small Intestinal Bacterial Overgrowth) Diet
The IBS (Irritable Bowel Syndrome) Diet The Salicylate Sensitivity Diet
The Low Oxalate Diet The Epilepsy Diet (Modified Atkins Diet for Seizures)
The Parkinson's Disease Diet The Multiple Sclerosis (MS) Diet
The Fibromyalgia Diet The Chronic Fatigue Syndrome Diet
The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet
The High-Protein Diet The Low-Protein Diet The High-Iron Diet
The Low-Phosphorus Diet The High-Vitamin C Diet The High-Vitamin K Diet
The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Psoriasis Diet The Rosacea Diet The Acne Diet
The Migraine Diet The Celiac Disease Diet The Gallbladder Diet
The Kidney Stone Diet The Anti-Anxiety Diet The Depression Diet
The Adrenal Fatigue Diet The Endometriosis Diet The Hashimoto's Disease Diet
The Lyme Disease Diet The Diverticulitis Diet The Restless Leg Syndrome Diet
The Tinnitus Diet The Interstitial Cystitis Diet The Gastroparesis Diet
The Menopause Diet The Post-Pregnancy Diet The Fertility Diet
The Breastfeeding Diet The Low-Nickel Diet The Chronic Urticaria Diet

The Dysphagia Diet The Chronic Kidney Disease (CKD) Diet

The Raynaud's Disease Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Baking Sautéing Smoking Blending Grinding Drying Pickling

Sous Vide Whipping Simmering Cut Resting Serving Cooking None

Stir-frying Sprinkling Heating Refrigerating Cooling Oven

Meal Type

Brunch Snack Supper

Difficulty Level

Medium

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