

# Market District Demo Recipes

## Dessert



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Dark Chocolate Avocado Truffles

Serves: 12

Modified from: [www.yummyhealthyeasy.com](http://www.yummyhealthyeasy.com)

**Items Needed:** cutting board, knife, measuring spoons, measuring cups, microwave safe bowl, spoon

### Ingredients:

- 1 ripe avocado, mashed
- $\frac{3}{4}$  cup dark chocolate, melted
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon cinnamon
- Cocoa powder

### Directions:

1. Melt dark chocolate in a microwave-safe bowl.
2. In a separate bowl, mash avocado. When chocolate is smooth, pour into mashed avocado and stir together. Add in vanilla and cinnamon.
3. When combined and clump-free, place in refrigerator for about a half hour. When cooled and hardened, scoop into 10-12 balls and roll until smooth.
4. Roll each ball in cocoa powder and serve. Place any remaining truffles in air tight container.

### Nutrition Information (per 1 truffle):

Calories: 94 Fat: 6.5 g Carbs: 8.5 g Protein: 1.5 g Fiber: 2 g Sodium: 10 mg