



# Pumpkin Spice Truffles

## Truffle Mixture

- 1/3 cup pumpkin puree
- 1/2 cup nut butter
- 3 TBSP maple syrup
- 1/3 cup coconut flour
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice

## Chocolate Coating

- 1 cup white chocolate
- 1 tsp coconut oil

### Directions:

1. In a bowl, combine pumpkin purée, nut butter of choice, maple syrup, and spices; Use a spoon to mix; Add coconut flour; Mix again until well combined
2. Line a baking sheet with parchment paper; Roll dough into balls - makes about 10 depending on size of truffles
3. In another bowl, melt coconut oil and white chocolate; Microwave in 10-20 second increments, stirring in between; Once melted, use a fork or hands to coat and/or drizzle each ball into the white chocolate; Optional to garnish with more pumpkin pie spice
4. Allow to set in the fridge until firm, about 2 hours; Enjoy!

### Equipment

Two bowls  
Baking sheet or plate  
Spoon  
Fork

Cost: \$

Ease: 

**Health Benefit:** Pumpkin is a great source of vitamin A for skin and eye health. Maple syrup is a natural sweetener with antioxidants. Nuts contain protein and healthy fats for stable blood sugar levels.

Fare  Meals  
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