



SPECIAL NEEDS

GLUTENFREE
VEGAN
SOYFREE
DAIRYFREE

HEALTH BENEFITS

CANCER
INFLAMMATION
SEROTONIN
DEPRESSION

CASHEW CACAO TRUFFLES

Servings: 20 Time: 10 minutes + 1 hr cooling Tip: Add your own superfood ingredients

Cashews are rich in cancer preventative and chemo protective alkyl phenols. In addition to being good source of magnesium + tryptophan, which are essential for mood regulator serotonin. The fats are mainly of the anti-inflammatory oleic acid type. Raw cacao is excellent for DNA repair due to its superior antioxidant value. Sea salt provides a broad spectrum of minerals, and essential for normalizing adrenal functioning as it is involved in the production of aldosterone, and thereby regulates cortisol/insulin.

Reference: Food Chem Toxicol. 2006 Feb;44(2):188-97. Characterization of alkyl phenols in cashew (*Anacardium occidentale*) products and assay of their antioxidant capacity.

What's in it?

- 1 cup = 150g cashews
- 1 cup = 230 ml water
- 1 lbs = 500g dark chocolate
- 1/4 tsp sea salt
- Coating: raw cacao, nuts, coconut + dark chocolate

What to do?

- Add cashews, salt + water to food processor; blend until smooth
- Melt chocolate
- Gently fold together cashew cream + chocolate
- Let cool for 1 hr at room temp until firm
- Form mixture into small balls with fingers or spoon
- Roll into coating of choice
- Store in airtight container up to 2 weeks

