

Mint Chocolate Chunk Skinny Truffles (S)

These are gorgeous green truffles with chocolate featured only as chunks. This recipe will reveal the endless possibilities to be had with the basic "Skinny Chocolate Truffle" idea. This recipe is found in the "Sweet Treats - Candies and Bars" section of the [Trim Healthy Mama Cookbook](#), page 385.

Multi-Serving Recipe

INGREDIENTS:

- 1 cup water (not quite boiling)
- 2 ¼ tsp [TH Just Gelatin](#) (up to 2 ½ tsp, as needed)
- 1 cup extra virgin coconut oil
- 3 Tbs [TH Pristine Whey Protein Powder](#)
(Or [TH Integral Collagen](#))
- 3 Tbs [TH Dynamic Duo](#) (or similar greens powder)
(or 1 large handful of spinach + liquid chlorophyll)
- 1 handful fresh spinach (optional, if not using green food powders)
- 3 drops chlorophyll (optional, if using spinach instead of green food powders)
- 1 Tbs [TH Super Sweet Blend](#)
- 2 tsp [TH Gentle Sweet](#) (2 to 3 tsp; optional for real sweet lovers)
- 1 tsp [TH Natural Burst Vanilla Extract](#)
- 1 tsp mint extract (1 to 1 ½ tsp; or a few drops essential mint oil - to taste)
- Skinny Chocolate, recipe below (chopped; or 85% dark chocolate, or stevia-sweetened chocolate chips)



DIRECTIONS:

1. Place the hot water in a blender, add the gelatin, and blend for a few seconds to dissolve. Add the coconut oil and blend well; this should happen very easily as the warm water should liquefy the coconut oil. Stop the blender and add all the remaining ingredients except for the whey protein and blend until smooth. Next, add in the whey protein and blend for 10 seconds. Lastly, stir in the chocolate chunks at the end. Taste and adjust the flavors to "own it."
2. Pour the mixture into ice cube trays and freeze until solid. When frozen, turn one tray at a time upside down and twist to release the truffles. Place the desired amount that you wish to eat during the week into a zippy bag and put it in the fridge. They are not ready to sample yet - don't even try a weeny bit. Wait until they melt from their frozen state to a perfect fridge temperature. They will not taste like truffles until they reach that new, unfrozen refrigerated temp.
3. Drizzle the frozen truffles with melted on-plan chocolate, if desired.

Continued...

Skinny Chocolate (S)

This chocolate is so easy, so delish, and so slimming as long as it is eaten in an S setting. But, don't eat it with a bunch of carbs at the same time, unless you want to fatten up. You can add nuts, unsweetened dried coconut, and other flavors like coffee or vanilla to this basic recipe. You can also dip chilled strawberries into this chocolate if you heat it to melting point. Great topping, when melted, for Tummy Tucking Ice Cream. This recipe can be found on page 371 of the original [Trim Healthy Mama](#) book as well as page 377 of the [Trim Healthy Mama Cookbook](#).

Multi-Serving Recipe

INGREDIENTS:

- ¼ cup unsweetened cocoa powder
- ½ cup extra virgin coconut oil
- 2 tsp [TH Super Sweet Blend](#)
(2 to 3 tsp, ground in coffee grinder)
(or 2 doonks [TH Pure Stevia Extract Powder](#))
- pinch [TH Mineral Salt](#) (optional)
- splash [TH Natural Burst Vanilla Extract](#) (optional)



DIRECTIONS:

1. If the coconut oil is solid, melt it by placing in a small bowl atop a small saucepan of water set over high heat.
2. Combine the melted coconut oil, cocoa, sweetener, and salt in a bowl and stir well.
3. Taste and tweak to make it your own!
4. Pour into ice cube trays, chocolate or candy molds, or onto a plastic plate and put into the freezer to harden.

"So long as you have some of this in your freezer, you will never have to feel chocolate deprived again. This is an easy recipe that has been the saving grace for many a Trim Healthy Mama when chocolate cravings hit. The coconut oil helps nourish your thyroid and rev your metabolism—that's why we call it "skinny."

Even though chocolate is usually hard to sweeten with stevia, the budget-friendly Super Sweet Blend works well in this recipe—just don't use too much. You'll get no bitter taste with the 2 teaspoons indicated. If you like much sweeter chocolate, or if you can't be bothered grinding your sweetener, use 3½ to 4 teaspoons of Gentle Sweet instead. Heads up: Skinny Chocolate is not a milk chocolate, so some people add heavy cream—that's fine, but don't go overboard with it, as it is still an S treat, but not quite so skinnyfying.

The recipe makes about ¾ cup; we hate setting portion sizes, but up to one-third of this batch in a day is probably about right, but that is not a law."

~Trim Healthy Mama Cookbook, Page 377

This and other delicious TH recipes can be found at www.TrimHealthyMembership.com