



HANDMADE DARK CHOCOLATE TRUFFLES

From The Love Diet by Juan-Carlos Cruz and Amy Reiley

Makes approximately 12 truffles

Ingredients:

- 3 oz premium dark chocolate*
- 1/3 c half and half
- 2-3 tbs dried apricots
- cocoa powder for dusting

Steps:

1. Grate chocolate or cut it into chip-sized pieces. (You can also use a premium chocolate chip.)
2. Heat half and half over medium high heat to a near boil. (Don't let it boil.)
3. Remove pan from heat and whisk in the chocolate, stirring until the mixture is completely smooth.
4. Cool in the refrigerator for about 3-4 hours (or overnight), until chocolate mixture has set.
5. Using a teaspoon, scoop cooled chocolate and form a ball, pressing 1 or 2 pieces of apricot into the center. (Don't waste your time trying to form your truffles into perfect spheres. A slightly uneven surface screams, "I rolled these chocolates with my own bare hands for your pleasure.") If the truffles won't hold shape, refrigerate chocolate mixture for another hour.
6. Cool the formed truffles in the refrigerator for about 5 minutes.
7. Roll each truffle in cocoa powder. Truffles will be soft but if they are so soft that the cocoa is absorbed, store in the refrigerator.

Truffles can be stored in a cool, dry place for up to 5 days.

*You can use any dark chocolate bar or bittersweet baking chocolate to make this recipe, but we recommend using a chocolate that has at least 70% cocoa (it will tell the percentage on the label).

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