

Jobs offers this recipe for Double Chocolate Truffles excerpted from her book **Sensational Stevia Desserts:**

Double Chocolate Truffles

Serving Size: 2 truffles • Total Servings: 15

Lisa's Note: *These truffles involve some work and time, but I'm confident you'll find that they are worth it once you taste your finished dessert product!*

1 Tbsp. 2% milk

1 tsp. stevia extract+ (minimum to add, add more based on sweetness preference)

½ tsp. vanilla extract

1 (8 oz.) pkg. Neufchâtel cream cheese, softened

4 Tbsp. cocoa powder

6 oz. unsweetened baking chocolate, finely chopped

*¼ tsp. stevia extract+ (minimum to add, add more based on sweetness preference)
cocoa powder, carob powder, coconut or chopped nuts in
small bowls for coating*

Stir milk and stevia in a small bowl until stevia dissolves; set aside. Mix cream cheese with electric mixer. Add stevia/milk mixture to cream cheese and mix again. Sift cocoa powder and add to cream cheese mixture. Mix for about five minutes, scraping sides of bowl periodically for thorough mixing. Divide truffle mixture into two small bowls and place in freezer for at least 30 minutes to solidify cheese for easier handling.

Take out first bowl from freezer and form mixture into 1" balls using your fingers.* Lightly coat balls with a dusting of cocoa powder.† Place on cookie sheet lined with waxed paper. Remove second bowl from freezer and repeat process. Once all the mixture is formed into balls, freeze for at least 15 minutes so that truffles become more solid. Take out half of the truffles from freezer. Defrost at room temperature for 1 to 2 minutes only.

While truffles defrost, melt chocolate using a double boiler. Add stevia and mix thoroughly. Partially fill an ice cream scoop with the melted chocolate. Keep scoop in left hand above boiler and drop a truffle in the chocolate with right hand.** Gently roll truffle in scoop. When covered with a thin layer of chocolate, place truffle on spoon or fork and place against edge of scoop to remove excess.

Upon coating truffle with chocolate, you can either place on waxed paper-lined cookie sheet or immediately dip truffle in cocoa powder, coconut or your favorite chopped nuts.‡ Repeat the coating process with the other half of truffles in freezer. Refrigerate on waxed paper-lined cookie sheet until ready to serve and prior to freezing. You can freeze for about one month in a plastic container.

Before serving, simply defrost at room temperature for about 5 to 10 minutes. These will melt in your mouth!

+This stevia amount listed is the minimum to use in the recipe. Since your sweetness preference and brand used may vary, you may want to add more.

*If you're like me and dislike the idea of getting sticky cream cheese on the palms of your hands and under your nails, you can purchase disposable "nursing" gloves that work great for this recipe. They're very tight to the skin so that you almost forget you have them on. Just make sure that you don't buy the rubber or latex cleaning gloves that have powder on the surface. The powder can get into the truffles and the gloves are often too loose for effective truffle rolling.

†This cocoa powder dusting is a must for dark chocolate lovers. It adds a more robust, rich Belgian chocolate flavor and consistency to the truffle coating. However, if you prefer a milk chocolate flavor, omit the powder and simply coat with the melted chocolate.

**If you're left-handed, keep scoop in right hand above boiler and drop the truffle in the chocolate with your left hand.

‡My favorite nuts are macadamias, pistachios, hazelnuts, pecans and walnuts.

Sugar Comparison

Nutrition Facts/Serving

-2 truffles

This Recipe

Calories	103
Carbohydrates	4g
Total Sugars	less than 1g
Fiber	2g
Fat	0g
Cholesterol	12mg
Sodium	65mg
Protein	4g

Traditional "Sugar" Recipe

Calories	445- Over 4 times more!
Carbohydrates	39g- Almost 10 times more!
Total Sugars	34g- 34 times more!
Fiber	5g- 2.5 times more!
Fat	33g- Over 3 times more!
Cholesterol	38mg- Over 3 times more!
Sodium	8mg
Protein	5g

The nutrition facts of a traditional chocolate truffle recipe differ so much from the stevia version. The stevia truffles are better for your health, taste phenomenal and are easy to prepare... all these advantages without the guilt of truffles with sugar. The main ingredients in the traditional truffles are sugar, chocolate, heavy cream and butter.

(Excerpted from **Sensational Stevia Desserts** by Lisa Jobs, Healthy Lifestyle Publishing LLC Copyright© 9/05)