



Lemon Truffles

Description

Ingredients:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup powdered erythritol (or any other keto-friendly sweetener of your choice)
- 1 tablespoon lemon zest
- 2 tablespoons fresh lemon juice
- 4 tablespoons melted coconut oil
- 1/2 teaspoon vanilla extract
- Pinch of salt

Instructions:

1. In a mixing bowl, combine the almond flour, coconut flour, powdered erythritol, lemon zest, and salt. Mix well.
2. Add the melted coconut oil, lemon juice, and vanilla extract to the dry ingredients. Stir until the mixture comes together and forms a dough-like consistency.
3. Shape the dough into small balls, about 1 inch in diameter, and place them on a parchment-lined baking sheet.
4. If desired, roll the truffles in additional powdered erythritol to coat them. This step is optional but adds a nice touch of sweetness and presentation.
5. Place the baking sheet with the truffles in the refrigerator for about 30 minutes to firm up.
6. Once the truffles have chilled and firmed up, they are ready to serve. Store any leftovers in an airtight container in the refrigerator.

Enjoy your Keto Lemon Truffles! They make a refreshing and guilt-free treat.

Category

1. High Protein Recipes

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