

## Beetroot truffles dusted in fennel and cacao

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Beetroot is one vegetable that pairs beautifully with chocolate.

This sweet, earthy root vegetable is not only packed with health-promoting antioxidants and nutrients such as beta-carotene, folate, potassium, vitamin C and iron, it is also an excellent source of soluble fibre.

### **Ingredients** (makes 30 truffles)

- ¼ cup of cooked, grated beetroot
- 100ml of [coconut cream](#)
- 200 g dairy-free (70% cocoa) dark [chocolate](#)
- 1 tbsp ground [fennel](#) seeds
- 2 tbsp cacao

### **METHOD**

Sit the grated beetroot onto some draining paper to get rid of any excess liquid.

Line a 10cm by 20cm pan with greaseproof paper.

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Shake the can of coconut cream. Measure 100ml of cream and place it into a small pan.

Melt the chocolate and set it aside.

As soon as you have melted the chocolate, place the pan with the coconut cream on to a very low heat on your stove top and heat it until it's warm. You absolutely do not want to boil the mixture.

Pour the warm coconut cream into the melted chocolate. Add the grated beetroot and mix everything well to combine.

Pour the chocolate mixture into the lined tin and place it in the fridge.

Mix the ground fennel with the cacao.

Once the chocolate mixture has set, turn it out onto a chopping board, cut it into squares and mix the truffles through the cacao until they are well covered.

If you are not serving the truffles straight away, store them in an airtight container in the fridge. They are best served at room temperature, but on a hot day serve them cold from the fridge.

Recipe and images by [Mel B](#)

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