

# Fresh Mint Chocolate Truffles

**PREP TIME**

60 min

**TOTAL TIME**

450 min

**Nutrition Information Per Serving**

Makes 45 servings

FAT	PROTEIN	CARBS	CALORIES
4g	1g	3g	50

**Ingredients**

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Leaves from 6 large sprigs of fresh mint (about 1 cup loosely packed)

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1 cup heavy cream

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2 Tbsp liquid sucralose

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8 oz dark chocolate, finely chopped

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1/3 cup unsweetened cocoa powder

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**Instructions**

1. Place the mint leaves in a small sauce pan and use a wooden spoon to bruise them to release their oils.
2. Add the cream and sucralose and bring to a simmer over medium heat.
3. Simmer for 2 minutes, then remove the pan from the heat and let the mixture steep for 20 minutes.
4. Taste the cream- it should have a bright mint flavor. If you prefer a stronger flavor, bring the mixture back to a simmer, then steep again.
5. Strain the cream to remove the mint pressing on the solids to extract flavor.
6. Measure the mixture back into the saucepan, adding more cream if needed to measure 1 cup plus 2 tablespoons.
7. Place the chopped chocolate in a large bowl.
8. Over medium heat, bring the cream mixture just to a boil.
9. Pour the cream over the chocolate and let sit for 1 minute.
10. Start to whisk from the center of the bowl to emulsify the mixture; continue whisking to incorporate all the cream into a smooth blend.
11. Cover and refrigerate the ganache for at least 6 hours.

12. Scoop the ganache into small balls about 1-inch in diameter (about 1 teaspoon), then roll them in cocoa powder.
13. Place the truffles in 1-inch paper candy cups set on a rimmed baking sheet.
14. Cover lightly with plastic wrap and return to the refrigerator until serving or giving.