

## chocolate Cayenne Truffles



Several years ago, I had the opportunity to travel around the Yucatan Peninsula in Mexico. Many of the cafes offered a thick chocolate drink with chilis, which ended up being a highlight of the trip for me. I felt like it further sealed the feeling of being in a richly dark culture full of color and heightened reality.

These truffles are inspired by that trip and I think you'll agree with me that they're the perfect sensual and exotic treat.

### Chocolate Cayenne Truffles

1 C Cocoa Powder (as unprocessed as you can get - we sell a brilliant kind here)

1 C Maple Syrup (you can also use all agave, or a combination of agave and maple syrup)

½ C Pure Coconut Oil

35,000 Heat Unit Cayenne or Paprika or Chili Powder

Mix everything together in a blender or food processor until the mixture is very smooth and creamy. Place in a shallow container and put in the fridge or freezer to set up overnight. Take out the next day and let thaw just enough to be able to scoop. Use a cookie scoop or two spoons to scoop out chocolate truffle sized balls. Roll each ball in the 35,000 heat unit cayenne powder, shake off the excess cayenne and place on a serving tray. If you'd like just a little heat, you can combine the cayenne with an equal part of cocoa powder and roll the balls in this instead. Conversely, you can roll the balls in the spicy, but less hot spices of paprika or chili powder.

### *what's healing about this recipe:*

You've heard by now that chocolate is extremely high in antioxidants, but you probably didn't know that it's also a very good source of iron? Chocolate is also high in flavanoids which are a type of phytonutrient that can not only help protect our bodies from environmental toxins, but can also

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help repair damage we may have already sustained from negative environmental factors. For more on the benefits of chocolate, you can read this article. I think you're going to LOVE it.

Additionally, the maple syrup in this recipe is full of antioxidants which have anti-cancer, anti-bacterial and anti-diabetic properties. Maple Syrup is also abundant in the mineral zinc, which is crucial to immune function. You might not believe it, but calcium is another mineral found in maple syrup.

Now to our most spicy ingredient. Think of the color of cayenne. Dark red-orange. What vitamin immediately comes to your mind? If you said, vitamin A, you're right on. Cayenne, and all red peppers, for that matter, are good sources of vitamin A. You've also surely heard of the nutrient, capsaicin, that is present in cayenne? It's responsible for several beneficial effects like pain reduction, ulcer prevention and clearing of nasal passages.

If the healing properties of these truffles isn't enough to make you want to run into your kitchen right now and make them, imagine the creamy chocolaty goodness with that punch of spice, and I bet that'll do it. Enjoy!

<http://my.clevelandclinic.org/heart/prevention/nutrition/food-choices/benefits-of-chocolate.aspx> 2012

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