



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Chocolate Truffles*

Makes ~ 24 truffles

### **Ingredients:**

10-oz bag of dark chocolate chips (look for 60-70% cocoa)

$\frac{3}{4}$  cup heavy cream

Optional coating: toasted coconut, chopped nuts, cocoa powder, sprinkles



### **Directions:**

1. Heat heavy cream in microwave or stovetop until almost boiling.
2. In a medium bowl, pour hot cream over chocolate chips. Whisk vigorously until chocolate chips melted through. Place bowl of melted chocolate in refrigerator for 1-2 hours.
3. Using 1-2 tablespoons, scoop small balls of chocolate truffle and roll in coatings of your choosing.

### **Nutrition Tips:**

1. The more nutritious choice of chocolate is dark chocolate (at least 60-70% cocoa), as it is a good source of antioxidants.
2. Many recipes that call for milk chocolate can be modified to include  $\frac{1}{2}$  milk chocolate and  $\frac{1}{2}$  dark chocolate.
3. Keep in mind that consuming chocolate may contribute to heartburn or reflux symptoms.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.