

Coconut Matcha Truffles



So my latest obsession has been a matcha green tea latte and because I had purchased a sack of matcha powder I wanted to see what else I could do with it so I attempted a sweet treat of coconut matcha truffles! So before I give you the recipe and ingredients for these oh so mouth wateringly delicious coconut matcha truffles I am going to

give a little bit of detail as to why matcha powder is so good for.

So you've probably all heard the green tea helps with weight loss right? Well 1 teaspoon of matcha powder is the equivalent to drinking 10 cups of green tea (in nutritional value anyway! So it's a case of work smarter not harder with this one! You can easily pop 1/2 teaspoon into warm (not boiling water) and have a yummy super cup of green tea.

So anyway, back to the benefits of green tea; first of all it has no caffeine in it so is a great hot drink alternative for us caffeine obsessed people! It also has some great nutritional content of amino acids and vitamin c, selenium, chromium, zinc and magnesium minerals and natural plant pigment – chlorophyll. It's also a vegetarian and vegan product and is 100% organic so it's basically ticking every box here! But my favouritest thing about matcha powder is that it is a natural and organic food colouring! Hence why I have used it in my coconut matcha truffles! Matcha green tea powder is made from finely ground green tea leaves, which are covered during cultivation to protect them from direct sunlight. This increases their chlorophyll content, and turns the leaves a really bright and vivid green, and stimulates the production of amino acids. This bright green is such a fantastic colour and will give the wow factor to anything you use it in!

Now let's get down to the bit you've been waiting for! The coconut matcha truffles recipe!!!

Ingredients:



- 1 cup coconut butter
- 1.5 tbsp matcha powder
- 2 tbsp maple syrup
- 1/2 cup of desiccated coconut

Method:

1. In a blender combine the coconut butter, matcha powder and maple syrup, feel free to add more maple syrup to taste
2. Pulse until smooth
3. Put in the fridge or freezer (if you're too impatient!!) until the mixture hardens slightly – you want it to be hard enough to pick up but also soft enough to be able to mould into balls.
4. Roll the matcha mixture into small balls
5. In a separate bowl empty out the desiccated coconut, roll the matcha truffles around in the coconut to give an even coverage.
6. Pop the ball on some parchment paper and then put them back in the fridge (or freezer) to harden some more.
7. Eat chilled from the fridge.



This coconut matcha truffles recipe is so quick and easy but will have everyone oohing and ahhing over how bright and colourful they look and taste! Enjoy!

Love Roo xx

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