

Brownie Truffles



These chocolatey bites offer a generous dose of protein and healthy fats, plus a melt-in-your-mouth texture worthy of a real dessert. Perfect for satisfying a sweet tooth without compromising nutritional balance, they can be enjoyed as a snack or after a meal. Designed to be suitable for a low-FODMAP diet, they are a convenient and reassuring option for those living with [irritable bowel syndrome](#).

Preparation 10 min

Cooking 0 min

Servings 10

Nutrition Facts (per serving)

Calories 110

Fat 5

Carbohydrates 10

Fibre 2

Protein 6

Sodium 25

Ingredients

- 60 ml (¼ cup) natural almond butter (or other natural nut butter)
- 30 ml (2 tbsp) maple syrup
- 30 ml (2 tbsp) water
- 5 ml (1 tsp) vanilla extract

- 60 ml (¼ cup) unsweetened cocoa powder
- 1 scoop chocolate protein powder*
- 1 pinch salt
- 30 ml (2 tbsp) lactose-free dark chocolate chips

Preparation

1. In a bowl, combine the almond butter, maple syrup, water, and vanilla until smooth.
2. Add the cocoa powder, oat flour, protein powder, and salt. Mix well until a smooth dough forms.
3. Fold in the chocolate chips.
4. With slightly damp hands, shape the dough into 10 balls and roll in the cocoa powder if desired.
5. Place the truffles in an airtight container lined with parchment paper.
6. Refrigerate for at least 30 minutes before serving to firm up the texture.

Notes

Keeps for 5 to 7 days in an airtight container in the fridge or up to 3 months in the freezer.

*Ensure to choose an isolate protein powder that's free from inulin, sorbitol, and other high FODMAP ingredients. Check with your dietitian if needed.



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