

Immunity-Booster Truffles



Ready in 45 minutes / Makes 38 servings

- 1 cup prunes
- ½ cup warm water
- ¼ cup natural almond or peanut butter
- 1 cup soy protein powder
- ¼ cup ground flaxseeds
- ¼ tsp cinnamon
- ½ c dried cranberries
- ½ c wheat germ

Calories	180
Fats	4g
Carbs	20g
Fiber	4g
Sugar	12g
Protein	16g

1. Place prunes in warm water for 10 minutes to soften
2. In food processor, blend prunes and water. Add nut butter and process until smooth. Add more water as needed. Add protein powder, flaxseeds, and cinnamon and process to combine thoroughly. Add the cranberries and ¼ c wheat germ and pulse just enough to incorporate them in to mixture.
3. Roll each ball in the ground walnuts. Set each ball on a baking sheet. Place in the freezer for 2-4 hours. Serve or freeze for later.

We prefer ours spread out in bar form. To do this simply place a long layer of waxed paper, cover ½ of baking sheet and other ½ is hanging over end. Place dough on waxed paper and fold remainder of paper on top of dough. Press down into bars. Freeze for at least ½ hour and cut into squares. Store in freezer.