

Protein Matcha Truffles

I have been obsessed with matcha for years. Its vibrant color, rich taste, beautiful tradition, and health benefits make it a unique ingredient. [Chlorophyll and amino acids](#) explain matcha's initial “grassy” flavor, followed by a lingering sweetness. Matcha has been attributed as a natural weight-loss aid, pH balancer, and [detox agent](#). It is an excellent source of antioxidants and caffeine—thus, a great substitute for coffee.

Matcha is more than my favorite drink; it is also a fun ingredient. A little goes a long way and creates a beautiful look. These truffles are more advanced than they seem. This delicious recipe is deceptively healthy and easy. Instant culinary glory!

Makes 24 truffles

Ingredients

1 serving ALOHA Vanilla Protein
1 cup coconut butter
3/4 cup yogurt of choice (I used coconut)
2-4 tablespoons sweetener of choice
1/2 tablespoon matcha
1/4 teaspoon salt
1 bar of ALOHA Chocolate

Preparation

In a microwave-safe bowl, microwave the coconut butter for 20-30 seconds or until it softens. Alternatively, you can also heat the coconut butter in a small saucepan over low to medium heat for about a minute—once it has softened, transfer it to a medium bowl.

Blend the protein, sweetener, salt, and matcha into the softened coconut butter. Add the yogurt and mix well. The batter should be firm enough to make balls. Measure the mixture out into tablespoon sized portions and roll them into balls. Set aside.

In a separate microwave-safe bowl or small saucepan, heat the chocolate until it is halfway melted—you do not want it too thin, plus it will keep melting after removed from the heat.

Coat the truffles in the chocolate, placed them on a plate, popped them in the freezer for ten minutes, and then repeated the process.

These will last in your freezer for a couple weeks or in the refrigerator until the yogurt's expiration date.