

Cognac Truffles



Plan Z Phase: This is a Z3 (ZReboot) recipe.

If you're looking for a special dessert that's easy to make, you can't go wrong with truffles. They're rich, and they're small, which makes it easy to control your portions and your carb count.

My original goal was to make 2-carb truffles. Unfortunately, I couldn't quite get a one-inch truffle down to only 2 carbs, but I did get it down to 5, which is quite respectable. You can tweak this recipe and make the truffles smaller than this recipe calls for and get a 2-carb version. They would be "mini truffles."

Use cognac, brandy, bourbon, or champagne to make the truffles. If you use a liqueur like Grand Marnier, the carb count will jump up. If you don't use liquor in your cooking you can leave that out, but you'll want to add a little more cream to get a good consistency. Truffles need the right amount of liquid or else they will be difficult to form.

Although I did not include it in this recipe, you can also flavor truffles with liquid stevia flavorings. You could use vanilla, coconut, or other flavorings. I kept mine plain – the

cognac has so much flavor that I didn't feel the need to add anything else!

Servings: This recipe will make about 20-24 truffles. If you are making "baby truffles," this recipe will make approx 30.

Ingredients:

- 1/4 cup of heavy cream
- 3 Tbl brandy or cognac or even champagne
- 8 oz of bittersweet chocolate (62% cacao), chopped fine (don't use chocolate chips)
- 4 Tbl of butter
- Unsweetened cocoa powder

Instructions:

Cut your butter into bits. Place the butter in a small saucepan and turn heat to medium. When butter is half melted, add the cream. Turn to medium-high and melt the butter and heat the cream. Heat the mixture until it just bubbles around the edges.

Add the chocolate and immediately turn off the heat. Stir with a whisk right away until the chocolate is completely melted into a shiny, smooth mass. Pour into a bowl. Add the cognac and stir again until it's all incorporated. If you're using flavored stevia drops, add them now and mix in. Put the bowl in the refrigerator until the whole mass firms up.

*Shape the mixture into balls that are just under an inch in size. If you're making 2-carb "mini truffles" make your balls about half an inch in diameter. Roll lightly in cocoa powder. Store in the refrigerator and take them out to come to room temperature to serve. That's when they will taste the dreamiest.

You can suck on one for quite some time. Makes a decadent snack.

Enjoy!

Cheers,