60+ Healthy Truffle & Bonbon Recipes

Sugar-Free · Gluten-Free · 100% Delicious

Healthy, elegant treats perfect for enjoying or selling



Welcome to this Premium Recipe Book

This ebook was born from one clear idea: to prove that healthy sweets can be just as elegant, irresistible and delicious as traditional ones — with no added sugar and no gluten.

Inside you'll find **60+ recipes** for healthy truffles and bonbons, organized into five themed modules that go from the simplest classics to the most sophisticated creations ready to sell. Every recipe includes clear ingredients, step-by-step directions, practical tips and storage options.

This guide was designed so you can make every recipe easily and confidently, with results that look and taste like a premium product.



Who Is This Ebook For?

This recipe book was made for all kinds of people who share the same wish: to enjoy real sweets in a more mindful, healthy way.

Healthy Sweets Lovers

People who want to enjoy tasty desserts without giving up their healthy lifestyle.

Sugar-Free and Gluten-Free

Anyone with dietary restrictions or who chooses cleaner, more natural ingredients.

Entrepreneurs and Sellers

People who want to build a healthy-treats business and sell products with high perceived value.

Bakers and Creatives

Anyone who wants to expand their repertoire with new, versatile recipes with business potential.

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Why Are Healthy Truffles & Bonbons So Special?

Healthy truffles and bonbons aren't just a healthy alternative — they're a complete value proposition that combines indulgence, convenience and elegance in every bite.

🍫 High Perceived Value

They look and feel like premium products, ideal for gifting or selling at attractive prices.

⚡ Quick and Easy

Most don't need an oven. A few ingredients give you spectacular results.

🌿 Mindful Ingredients

No added sugar, gluten-free and with vegan options. Fits many lifestyles.

💰 Business Potential

With the right presentation, every recipe can become a product ready to sell.



Most-Used Base Ingredients

Knowing and keeping these ingredients on hand lets you make almost any recipe in this ebook with no hassle.

Bases and Flours

- Almond flour
- Unsweetened cocoa powder
- Sugar-free baking chocolate
- Unsweetened shredded coconut

Creamy and Protein

- Light cream cheese
- Plain unsweetened Greek yogurt
- Unsweetened peanut butter
- Almond butter
- Hazelnuts and pistachios
- Powdered erythritol · Vanilla · Coconut oil



Sweeteners and Swaps

Choosing the right sweetener is the difference between a truffle that tastes "healthy" and one that tastes premium. Here's everything you need to know.

Powdered Erythritol

The recommended sweetener in this ebook. It has a neutral taste, doesn't raise blood sugar and behaves very well cold. Always sift it to avoid lumps.

Healthy Baking Blends

You can use erythritol blends with stevia or monk fruit. Adjust the amount to your taste; they're usually sweeter than erythritol alone.

Simple Swaps

If a mixture is too dry, add 1 tbsp plant milk. If it's too soft, chill 15–20 minutes or add a little more almond flour.

Avoid honey, coconut sugar or dates if you want to keep it 100% free of added sugar. If your protein powder is already sweetened, reduce or skip the erythritol in the recipe.

Basic Tools and Supplies

You don't need a fully equipped kitchen or special tools for professional results. These are the items you'll use most throughout the ebook.



Bowls and Spatula

For easily mixing and combining dry and wet ingredients.



Measuring Spoons

Guarantee the right proportions, especially for sweeteners and spices.



Silicone Mold

Essential for chocolate-shell bonbons. Lets you unmold cleanly.



Tray and Wax Paper

For chilling truffles without sticking and keeping their shape.



Double Boiler / Microwave

To melt chocolate without burning it. In the microwave, use short 20–30 second bursts.



Fridge and Freezer

Cold is your best friend. It firms up mixtures, sets shells and gives a better finish.



Key Techniques for Better Results

Moldable Mixture

The mixture should be firm but soft. If it sticks to your hands, chill 15 minutes. If it crumbles, add 1 tbsp plant milk or cream.

Proper Chilling

Always respect the chilling times. A well-chilled truffle holds its shape and has a better texture when you bite into it.

Perfect Coating

For an even chocolate layer, use two thin coats instead of one thick one. Tap the mold gently to remove air bubbles.

Visual Finish

Always decorate while it's fresh, before the chocolate sets. Use nuts, sifted cocoa, zest or sea salt for a gourmet touch.

Storage, Presentation and Selling

Finish and presentation are what turn a homemade truffle into a premium product with high perceived value.

Proper Storage

- Always store in an airtight container in the fridge
- Most keep for 4 to 6 days without losing quality
- If shipping, pack with wax paper between layers

Individual Presentation

- Use paper candy cups, cells or acetate trays
- A clean finish doubles the perceived value

To Sell Successfully

- Offer assorted boxes of 6, 9 or 12 pieces
- Use kraft or white boxes with a ribbon and card
- Label with ingredients, sugar-free and gluten-free
- Always photograph in good natural light
- A clean, uniform finish is your best calling card

MODULE 1

Classic Healthy Truffles

The recipes that form the foundation of all good healthy confectionery. Simple, versatile and irresistible — perfect for getting started, perfecting your technique and surprising people with flavors that never go out of style.

Recipes 1 to 12



RECIPE 1 · MODULE 1

Classic Chocolate Truffles

The perfect truffle: intense, creamy and with a cocoa finish that says it all.

🍫 Ingredients

- 200 g (7 oz) sugar-free dark chocolate
- 100 ml (scant ½ cup) heavy cream or coconut cream
- 20 g (1½ tbsp) butter
- 1 tsp vanilla
- 1 tbsp powdered erythritol
- Pure cocoa for rolling

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Heat the cream without letting it boil.
2. Pour it over the chopped chocolate, wait 1 minute and stir into a smooth ganache.
3. Add the butter, vanilla and erythritol. Mix well.
4. Chill 2 hours until the mixture is firm.
5. Scoop into balls with a spoon, roll them in cocoa and chill 20 more minutes.

💡 Tip

For a firmer texture, leave the mixture in the fridge overnight before shaping the truffles.

RECIPE 2 · MODULE 1

Coconut Vanilla Truffles

Soft, fragrant and with a tropical coconut touch that makes it impossible to eat just one.

🥥 Ingredients

- 180 g (6⅓ oz) sugar-free white chocolate or mild sugar-free chocolate
- 80 ml (⅓ cup) coconut cream
- 50 g (⅔ cup) unsweetened shredded coconut
- 1 tsp vanilla
- 1 tbsp erythritol
- Extra coconut for coating

Makes 12 · Storage: 5 to 6 days refrigerated

👩‍🍳 Directions

1. Melt the chocolate with the coconut cream over very low heat or in the microwave in short bursts.
2. Stir in the vanilla, erythritol and shredded coconut. Mix well.
3. Chill 1½ hours until firm.
4. Roll into balls with slightly damp hands so they don't stick.
5. Coat them in shredded coconut and chill 15 more minutes.

💡 Tip

Lightly toast the coating coconut in a skillet over low heat for a deeper flavor and a more attractive finish.

RECIPE 3 · MODULE 1

Espresso Truffles

For coffee lovers: intense, fragrant and with a sophisticated bitterness you'll love.

☕ Ingredients

- 200 g (7 oz) sugar-free dark chocolate
- 90 ml (⅓ cup + 1 tbsp) heavy cream
- 1 tbsp instant coffee
- 20 g (1½ tbsp) butter
- 1 tbsp erythritol
- Cocoa or finely ground coffee to decorate

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Heat the cream and dissolve the instant coffee in it.
2. Pour over the chopped chocolate and stir until glossy.
3. Add the butter and erythritol. Mix into a smooth ganache.
4. Chill 2 hours until the mixture is ready to shape.
5. Shape the truffles and roll them in cocoa mixed with a pinch of finely ground coffee.

💡 Tip

Don't use coarse ground coffee in the mixture — the texture will be gritty. Instant coffee dissolved in cream gives the best result.

RECIPE 4 · MODULE 1

Soft Almond Truffles

Elegant, creamy and with a delicate almond flavor that makes every bite special.

🌰 Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 40 g (2½ tbsp) almond butter
- 1 tsp vanilla
- 1 tbsp erythritol
- 30 g (⅓ cup) ground almonds for coating

Makes 12 · Storage: 5 days refrigerated

👨‍🍳 Directions

1. Heat the cream and pour it over the chopped chocolate.
2. Stir until fully combined into a smooth ganache.
3. Add the almond butter, vanilla and erythritol.
4. Chill 2 hours until the mixture is easy to handle.
5. Roll into balls and coat them in finely ground almonds.

💡 Tip

If the mixture is too soft after chilling, add 1 extra tbsp ground almonds and chill 20 more minutes before shaping.

RECIPE 5 · MODULE 1

Peanut Butter Cocoa Truffles

The classic duo that never fails: chocolate and peanut butter in a healthy truffle, irresistible from start to finish.

🥜 Ingredients

- 170 g (6 oz) sugar-free chocolate
- 80 ml (⅓ cup) cream
- 50 g (3 tbsp) unsweetened peanut butter
- 1 tbsp pure cocoa
- 1 tbsp erythritol
- 30 g (¼ cup) finely crushed peanuts for coating

Makes 12 · Storage: 5 days in the fridge

👨‍🍳 Directions

1. Melt the chocolate with the cream over a double boiler or in the microwave.
2. Add the peanut butter, cocoa and erythritol.
3. Stir until completely smooth and glossy.
4. Chill until the mixture can be handled without sticking.
5. Shape the truffles and coat them in finely crushed peanuts.

💡 Tip

Use unsalted roasted peanuts for a cleaner flavor. You can also mix the coating peanuts with a little cocoa for a more elegant finish.

RECIPE 6 · MODULE 1

Chocolate Orange Truffles

The classic pairing of European confectionery: fresh citrus, intense chocolate and a perfect finish.

🍊 Ingredients

- 200 g (7 oz) sugar-free dark chocolate
- 100 ml (scant ½ cup) cream
- Finely grated zest of 1 orange
- 20 g (1½ tbsp) butter
- 1 tbsp erythritol
- Cocoa to decorate

Makes 12 · Storage: 4 to 5 days refrigerated

👨‍🍳 Directions

1. Heat the cream with the orange zest for 2 minutes over very low heat to infuse it.
2. Strain and pour the hot cream over the chopped chocolate.
3. Stir well, then add the butter and erythritol. Mix into a smooth ganache.
4. Chill until firm enough to shape.
5. Shape the truffles and roll them in cocoa.

💡 Tip

Use only the orange part of the peel, avoiding the white pith, so there's no bitterness in the ganache.

RECIPE 7 · MODULE 1

Lemon Coconut Truffles

Fresh, fragrant and with a citrus-tropical contrast that's a pleasant surprise.

🍋 Ingredients

- 170 g (6 oz) mild sugar-free chocolate
- 70 ml (scant ⅓ cup) coconut cream
- Zest of 2 lemons
- 50 g (⅔ cup) unsweetened shredded coconut
- 1 tbsp erythritol
- Shredded coconut for coating

Makes 12 · Storage: 5 days refrigerated

👨‍🍳 Directions

1. Melt the chocolate with the coconut cream over low heat until smooth.
2. Add the lemon zest, shredded coconut and erythritol.
3. Mix well and chill until moldable.
4. Roll into compact balls with slightly damp hands.
5. Coat them in shredded coconut and chill 20 more minutes before serving.

💡 Tip

This recipe is best small, since the citrus flavor is quite intense. A mini size makes every bite perfect.

RECIPE 8 · MODULE 1

Cinnamon Cocoa Truffles

Warm, spiced and comforting — like a hug in guilt-free sweet form.

🍂 Ingredients

- 190 g (6¾ oz) sugar-free chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 1 tsp cinnamon
- 1 tbsp pure cocoa
- 1 tbsp erythritol
- Extra cocoa to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the cream with the cinnamon to infuse it for 1 to 2 minutes.
2. Pour over the chopped chocolate, stir and add the cocoa and erythritol.
3. Mix everything into a smooth, fragrant ganache.
4. Chill 2 hours until the mixture is ready to shape.
5. Shape the truffles with a spoon and roll them in pure cocoa.

💡 Tip

If you like a spicier, more intense flavor, add a tiny pinch of nutmeg along with the cinnamon.

RECIPE 9 · MODULE 1

Creamy Hazelnut Truffles

All the flavor of hazelnuts in a smooth, elegant truffle with a finish you'll love at first sight.

🌰 Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 80 ml (⅓ cup) cream
- 45 g (3 tbsp) sugar-free hazelnut spread
- 1 tbsp erythritol
- 30 g (¼ cup) finely crushed hazelnuts to decorate

Makes 12 · Storage: 5 days chilled

👨‍🍳 Directions

1. Melt the chocolate with the cream over a double boiler or in the microwave.
2. Add the hazelnut spread and erythritol.
3. Stir into a smooth, even, glossy mixture.
4. Chill until firm and easy to shape.
5. Roll into balls and coat them in finely crushed hazelnuts.

💡 Tip

If you can't find sugar-free hazelnut spread, blend roasted hazelnuts until you get a smooth paste. It takes time, but the result is excellent.

RECIPE 10 · MODULE 1

Double Cocoa Truffles

For true chocolate lovers: pure intensity, no compromises and a flawless dark finish.

🍫 Ingredients

- 200 g (7 oz) sugar-free dark chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 2 tbsp pure cocoa
- 20 g (1½ tbsp) butter
- 1 tbsp erythritol
- Cacao nibs or pure cocoa to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the cream and pour it over the chopped chocolate.
2. Stir until fully melted and the ganache is glossy.
3. Add the butter, sifted cocoa and erythritol.
4. Chill 2 hours until ready to shape.
5. Shape the truffles and coat them in cacao nibs or sifted pure cocoa.

💡 Tip

Always sift the cocoa before adding it to avoid lumps in the ganache. Cacao nibs in the coating add texture and a very gourmet touch.

RECIPE 11 · MODULE 1

Cocoa Walnut Truffles

Cocoa intensity with a gentle walnut crunch that gives every bite personality.

🥜 Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 40 g (⅓ cup) very finely chopped walnuts
- 1 tbsp erythritol
- 1 tsp vanilla
- Ground walnuts to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the cream and pour it over the chopped chocolate.
2. Stir until completely smooth.
3. Add the vanilla, erythritol and finely chopped walnuts. Mix well.
4. Chill 2 hours until moldable.
5. Shape the truffles and roll them in ground walnuts.

💡 Tip

Chop the walnuts into small, even pieces — if they're too big, the truffles can break when you shape them. A fine chop works best.

RECIPE 12 · MODULE 1

Toasted Coconut Chocolate Truffles

Toasting the coconut turns this truffle into something completely different — deep, warm and addictive.

🥥 Ingredients

- 190 g (6¾ oz) sugar-free chocolate
- 85 ml (⅓ cup) cream
- 40 g (½ cup) toasted unsweetened coconut
- 1 tbsp erythritol
- 1 tsp vanilla
- Extra toasted coconut for coating

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Melt the chocolate with the cream into a smooth ganache.
2. Add the toasted coconut, vanilla and erythritol. Mix well.
3. Chill 2 hours until the mixture is firm.
4. Shape the truffles with slightly damp hands.
5. Coat them in fine toasted coconut and chill 15 more minutes.

💡 Tip

Toast the coconut in a skillet over low heat, stirring constantly. As soon as it starts to turn golden, take it off the heat — it burns fast and the bitterness ruins the recipe.

MODULE 2

Gourmet Healthy Truffles & Bonbons

A step beyond the classics. This module brings together recipes with sophisticated combinations, premium ingredients and a finish that turns any tray into a luxury gift.

Recipes 13 to 24



RECIPE 13 · MODULE 2

Premium Pistachio Truffles

Color, flavor and elegance in a single piece — pistachio makes this truffle a jewel of healthy confectionery.

🌿 Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 80 ml (⅓ cup) cream
- 50 g (⅓ cup) shelled ground pistachios
- 1 tbsp erythritol
- 1 tsp vanilla
- Finely chopped pistachios to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Melt the chocolate with the cream over a double boiler or in the microwave.
2. Stir in the ground pistachio, vanilla and erythritol.
3. Mix until fully combined into an even ganache.
4. Chill until firm and moldable.
5. Shape the truffles and coat them in finely chopped pistachios.

💡 Tip

Don't grind the pistachios into a paste — a fine but loose texture works much better. Save some for the coating so this variety stands out in assorted boxes.

RECIPE 14 · MODULE 2

Cappuccino Truffles

The pleasure of the best cappuccino in truffle form: creamy, fragrant and crowned with a cocoa finish.

☕ Ingredients

- 190 g (6¾ oz) sugar-free chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 1 tbsp instant coffee
- 1 tsp pure cocoa
- 1 tbsp erythritol
- Sifted cocoa to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the cream and dissolve the instant coffee in it.
2. Pour over the chopped chocolate and stir into a smooth ganache.
3. Add the sifted cocoa and erythritol. Mix well.
4. Chill 2 hours until the mixture is firm.
5. Shape the truffles and dust cocoa over the top with a sieve.

💡 Tip

A tiny pinch of cinnamon in the mixture really enhances the cappuccino profile and adds a warm note that sets this recipe apart.

RECIPE 15 · MODULE 2

Mocha Hazelnut Truffles

Coffee and hazelnut: a combination that exists for very good reasons. Made healthy, it's even better.

☕🌰 Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 80 ml (⅓ cup) cream
- 35 g (2 tbsp) sugar-free hazelnut spread
- 1 tbsp instant coffee
- 1 tbsp erythritol
- Crushed hazelnuts to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the cream, dissolve the coffee in it and pour over the chocolate.
2. Stir into an even, glossy ganache.
3. Stir in the hazelnut spread and erythritol. Mix well.
4. Chill until firm and easy to handle.
5. Shape the truffles and coat them in finely crushed hazelnuts.

💡 Tip

If the hazelnut spread is very thick, add it while the ganache is still warm — it blends in much more easily and the mixture stays smoother.

RECIPE 16 · MODULE 2

Healthy Brownie Truffles

All the dense, chocolatey flavor of a brownie in a compact, guilt-free truffle.

🍫 Ingredients

- 170 g (6 oz) sugar-free chocolate
- 70 ml (scant ⅓ cup) cream
- 40 g (⅓ cup + 1 tbsp) almond flour
- 1 tbsp pure cocoa
- 30 g (¼ cup) chopped walnuts
- 1 tbsp erythritol

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Melt the chocolate with the cream into a smooth ganache.
2. Add the almond flour, sifted cocoa, chopped walnuts and erythritol.
3. Mix into a thick, compact dough, denser than a traditional ganache.
4. Chill 1 hour until the mixture is ready to shape.
5. Roll into compact balls and coat them in cocoa.

💡 Tip

This mixture should be denser than a traditional ganache — that's the key to the brownie effect. If it's too soft, add 1 more tbsp almond flour.

RECIPE 17 · MODULE 2

Sea Salt Chocolate Truffles

Salt that brings things out. A tiny pinch completely transforms the depth of the chocolate.

🧂 Ingredients

- 200 g (7 oz) sugar-free chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 20 g (1½ tbsp) butter
- 1 tbsp erythritol
- 1 small pinch of sea salt
- Cocoa to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Melt the chocolate with the cream into a smooth ganache.
2. Add the butter, erythritol and a very small pinch of sea salt.
3. Mix well to combine all the ingredients.
4. Chill 2 hours until firm.
5. Shape the truffles and decorate with a tiny touch of flaky sea salt and cocoa.

💡 Tip

Don't overdo the salt — its job is to enhance the chocolate, not make it salty. A very small pinch inside and a decorative touch on top is enough for that gourmet effect.

RECIPE 18 · MODULE 2

Almond Crunch Truffles

Creamy inside, crunchy outside — toasted almonds give every bite the perfect texture.

🌰 Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 80 ml (⅓ cup) cream
- 45 g (⅓ cup) chopped toasted almonds
- 1 tbsp erythritol
- 1 tsp vanilla
- Finely chopped almonds for coating

Makes 12 · Storage: 5 days chilled

👨‍🍳 Directions

1. Melt the chocolate with the cream into a smooth ganache.
2. Add the vanilla, erythritol and chopped toasted almonds.
3. Mix well so the almonds are evenly distributed.
4. Chill 1½ hours until easy to handle.
5. Shape the truffles, pressing firmly so they hold together. Coat them in finely chopped almonds.

💡 Tip

Let the toasted almonds cool completely before mixing them in — if they're hot, they'll melt the ganache and the texture won't be right.

RECIPE 19 · MODULE 2

Cinnamon Latte Truffles

The warmth of a seasonal latte in an elegant truffle — perfect any time of day.

☕ Ingredients

- 190 g (6¾ oz) sugar-free chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 1 tsp cinnamon
- 1 tsp instant coffee
- 1 tbsp erythritol
- Cocoa to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the cream with the cinnamon and instant coffee to infuse.
2. Pour over the chopped chocolate and stir until fully combined.
3. Add the erythritol and stir again until smooth.
4. Chill 2 hours until the mixture is ready to shape.
5. Shape the truffles and coat them in sifted cocoa.

💡 Tip

For a milder, less intense version, reduce the coffee to ½ tsp. The balance between cinnamon and coffee is what defines the latte character of this recipe.

RECIPE 20 · MODULE 2

Tahini Cocoa Truffles

Sophisticated and different — tahini adds a depth of flavor that makes this truffle truly special.

🌾 Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 80 ml (⅓ cup) cream
- 35 g (2 tbsp) tahini (sesame paste)
- 1 tbsp pure cocoa
- 1 tbsp erythritol
- Toasted sesame seeds to decorate

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Melt the chocolate with the cream into a smooth ganache.
2. Add the tahini, sifted cocoa and erythritol.
3. Stir until completely smooth.
4. Chill 2 hours until the mixture is firm.
5. Roll into balls and top with toasted sesame.

💡 Tip

Tahini adds a more sophisticated, Middle Eastern flavor — use only the amount listed so it doesn't take over. The sesame decoration visually reinforces this truffle's gourmet character.

RECIPE 21 · MODULE 2

Coconut Coffee Truffles

Tropical and energizing at once — coconut softens the coffee for an irresistible balance.

🥥☕ Ingredients

- 180 g (6⅓ oz) sugar-free chocolate
- 80 ml (⅓ cup) coconut cream
- 1 tbsp instant coffee
- 40 g (½ cup) unsweetened shredded coconut
- 1 tbsp erythritol
- Shredded coconut for coating

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the coconut cream and dissolve the instant coffee in it.
2. Pour over the chocolate and stir until fully combined.
3. Stir in the shredded coconut and erythritol.
4. Chill until moldable but firm.
5. Shape the truffles and roll them in shredded coconut.

💡 Tip

If the coconut cream is very thick or solid, loosen it first with 1 tbsp warm plant milk before mixing with the coffee.

RECIPE 22 · MODULE 2

Healthy Salted Caramel Truffles

Modern baking's most-wanted flavor, now healthy and with all the premium appeal it deserves.

🍮 Ingredients

- 160 g (5½ oz) sugar-free chocolate
- 70 ml (scant ⅓ cup) cream
- 40 g (2½ tbsp) almond butter
- 20 g (1½ tbsp) butter
- 1½ tbsp powdered erythritol
- 1 pinch of sea salt · Vanilla

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix the almond butter with the butter, erythritol, vanilla and salt until you get a caramel-like cream.
2. Melt the chocolate with the cream separately.
3. Combine both mixtures and stir until fully blended.
4. Chill 2 hours until the mixture is firm.
5. Shape the truffles and decorate with a tiny pinch of flaky sea salt.

💡 Tip

The texture should be creamy but not runny. If needed, adjust with a little more ground almond before chilling. The decorative salt on top is essential for the gourmet look.

RECIPE 23 · MODULE 2

Crunchy Peanut Truffles

Two textures, one unmistakable flavor — crunchy peanuts in every bite make these truffles completely addictive.

🥜 Ingredients

- 170 g (6 oz) sugar-free chocolate
- 80 ml (⅓ cup) cream
- 50 g (3 tbsp) unsweetened peanut butter
- 30 g (¼ cup) chopped roasted peanuts
- 1 tbsp erythritol
- Crushed peanuts for coating

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Melt the chocolate with the cream into a smooth ganache.
2. Add the peanut butter and erythritol. Mix well.
3. Fold in the chopped roasted peanuts at the end to keep the crunch.
4. Chill until the mixture can be handled.
5. Shape the truffles and roll some in crushed peanuts.

💡 Tip

Chop some peanuts fine and some a little coarser — that mix of sizes creates the best crunch inside and out.

RECIPE 24 · MODULE 2

Intense Cocoa Vanilla Truffles

The truffle that never fails: cocoa intensity balanced with the soft sweetness of vanilla — perfect for assorted boxes.

🍫 Ingredients

- 200 g (7 oz) sugar-free dark chocolate
- 90 ml (⅓ cup + 1 tbsp) cream
- 2 tbsp pure cocoa
- 1 tsp vanilla
- 1 tbsp erythritol
- Sifted cocoa to decorate

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Heat the cream and pour it over the chopped chocolate.
2. Stir well until fully melted and the ganache is glossy.
3. Add the sifted cocoa, vanilla and erythritol. Mix well.
4. Chill 2 hours until the mixture is ready to shape.
5. Shape the truffles and dust with cocoa through a fine sieve.

💡 Tip

This recipe works perfectly as the base of an assorted box — it's the truffle practically everyone loves and that gets the best reviews when you sell.



MODULE 3

Filled Healthy Bonbons

The art of surprise in every bite. This module teaches you to make bonbons with flawless chocolate shells and creamy, fruity or spiced fillings that win over anyone who tries them.

Recipes 25 to 36

RECIPE 25 · MODULE 3

Peanut Butter-Filled Bonbons

A dark chocolate shell with a creamy peanut butter filling — the combination everyone loves, as a premium bonbon.

🥜 Ingredients

Shell:

- 220 g (7¾ oz) sugar-free chocolate

Filling:

- 80 g (⅓ cup) unsweetened peanut butter
- 30 g (2 tbsp) light cream cheese
- 1 tbsp erythritol
- 1 tsp vanilla

Makes 12 bonbons · Storage: 5 to 6 days refrigerated

👨‍🍳 Directions

1. Melt the chocolate and coat the inside of a silicone mold with a first thin layer.
2. Chill 5 minutes and apply a second layer. Chill again.
3. Mix all the filling ingredients into a firm, smooth cream.
4. Place a small portion of filling in each cavity without reaching the edge.
5. Seal with more melted chocolate and chill until they unmold completely.

💡 Tip

Don't overfill the cavities — leaving enough room is key to sealing the base well so the bonbon comes out perfect.

RECIPE 26 · MODULE 3

Creamy Coconut-Filled Bonbons

A dark chocolate shell with a soft, fragrant coconut heart — elegant, tropical and completely irresistible.

🥥 Ingredients

Shell:

- 220 g (7¾ oz) sugar-free chocolate

Filling:

- 70 g (scant 1 cup) unsweetened shredded coconut
- 40 g (2½ tbsp) thick coconut cream
- 30 g (2 tbsp) light cream cheese
- 1 tbsp erythritol
- Vanilla to taste

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Make two thin layers of chocolate in the mold, chilling between each.
2. Mix the coconut, coconut cream, cream cheese, vanilla and erythritol into a firm paste.
3. Fill each cavity, leaving enough room at the top to seal.
4. Seal with melted chocolate to form the base of the bonbon.
5. Chill until completely firm before unmolding.

💡 Tip

If the filling is too loose or wet, add 1 extra tbsp shredded coconut and chill 15 minutes before using it in the mold.

RECIPE 27 · MODULE 3

Hazelnut-Filled Bonbons

A classic reinvented the healthy way: a dark shell, a creamy hazelnut heart and a flawless finish.

🌰 Ingredients

Shell:

- 220 g (7¾ oz) sugar-free chocolate

Filling:

- 70 g (¼ cup) sugar-free hazelnut spread
- 30 g (2 tbsp) light cream cheese
- 20 g (3 tbsp) ground hazelnuts
- 1 tsp vanilla

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Coat the mold with two thin layers of chocolate, chilling between each.
2. Mix the hazelnut spread, cream cheese, ground hazelnut and vanilla into a thick cream.
3. Place a small portion of filling in each cavity.
4. Cover with melted chocolate, sealing the base well.
5. Chill 20 to 30 minutes and unmold carefully.

💡 Tip

For a finer, more professional finish, tap the mold gently on the counter before chilling — this removes air bubbles and leaves the shell perfectly smooth.

RECIPE 28 · MODULE 3

Healthy Cheesecake-Filled Bonbons

All the pleasure of classic cheesecake inside a chocolate bonbon — a combination that surprises and delights.

🍋 Ingredients

Shell:

- 220 g (7¾ oz) sugar-free chocolate

Filling:

- 80 g (⅓ cup) light cream cheese
- 1 tbsp erythritol
- 1 tsp vanilla
- Finely grated zest of 1 lemon
- 15 g (2 tbsp) almond flour

Makes 12 · Storage: 4 to 5 days chilled

👨‍🍳 Directions

1. Make the chocolate layers in the mold, chilling between each.
2. Mix the cream cheese, erythritol, vanilla, lemon zest and almond flour into a firm filling.
3. Fill each cavity without reaching the edge.
4. Seal with the rest of the melted chocolate to form the base.
5. Chill until completely hard before unmolding.

💡 Tip

Use a little filling; since it's creamy, the chocolate shell should be thick enough for the bonbon to hold its shape when unmolded and handled.

RECIPE 29 · MODULE 3

Creamy Coffee-Filled Bonbons

For coffee lovers: a creamy, fragrant surprise inside a flawless dark chocolate shell.

☕ Ingredients

Shell:

- 220 g (7¾ oz) sugar-free chocolate

Filling:

- 70 g (¼ cup + 1 tbsp) light cream cheese
- 20 g (1½ tbsp) cream
- 1 tbsp instant coffee
- 1 tbsp erythritol

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Coat the mold with two layers of chocolate, chilling between each.
2. Dissolve the coffee in a few drops of hot water to avoid lumps.
3. Mix the cream cheese, cream, dissolved coffee and erythritol until completely smooth.
4. Place the filling in each cavity of the mold.
5. Seal with chocolate, chill and unmold once firm.

💡 Tip

Always dissolve instant coffee in a few drops of hot water before adding it to the filling — this guarantees no undissolved coffee lumps.

RECIPE 30 · MODULE 3

Pistachio-Filled Bonbons

Green color, intense flavor and a creamy texture that make these bonbons the favorite of any premium assorted box.

🌿 Ingredients

Shell:

- 220 g (7¾ oz) sugar-free chocolate

Filling:

- 70 g (½ cup) finely ground pistachios
- 40 g (2½ tbsp) light cream cheese
- 20 g (1½ tbsp) coconut cream
- Erythritol to taste

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Make the chocolate base in the mold with two thin layers, chilling between each.
2. Mix the ground pistachio, cream cheese, coconut cream and erythritol into a creamy, firm paste.
3. Fill each bonbon without overfilling.
4. Seal with melted chocolate.
5. Chill until completely hard and unmold carefully.

💡 Tip

If the pistachio absorbs a lot of moisture and the filling gets too thick, add a few extra drops of coconut cream to adjust the consistency.

RECIPE 31 · MODULE 3

Healthy Coconut Lemon Truffles

Fresh, fragrant and with a flavor combination that seems designed to be irresistible.

🥥🍋 Ingredients

- 1 cup (80 g) unsweetened shredded coconut
- 1 cup (96 g) almond flour
- 3 tbsp light cream cheese
- 2 tbsp melted coconut oil
- 3 tbsp powdered erythritol
- Finely grated zest of 2 lemons · 1 tbsp lemon juice
- 1 tsp vanilla · Extra shredded coconut for rolling

Makes 12 to 14 · Storage: 5 days in an airtight container

👩‍🍳 Directions

1. Mix the shredded coconut, almond flour and erythritol in a bowl.
2. Add the cream cheese, coconut oil, zest, lemon juice and vanilla.
3. Mix with a spatula until moldable. If it's soft, chill 15 to 20 minutes.
4. Scoop into balls with a spoon and roll them in extra shredded coconut.
5. Chill at least 30 minutes before serving.

💡 Tip

For a prettier, more even finish, use fine shredded coconut for the coating. Fresh lemon zest is what gives all the intense citrus flavor.

RECIPE 32 · MODULE 3

Healthy Chocolate Peanut Butter Truffles

The most requested recipe in any assorted box: pure chocolate and crunchy peanuts in perfect healthy harmony.

🥜 Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp unsweetened cocoa powder
- ⅓ cup (85 g) unsweetened peanut butter
- 2 tbsp light cream cheese
- 2 tbsp coconut oil
- 3 tbsp powdered erythritol
- 1 tsp vanilla
- 2 tbsp finely chopped roasted peanuts

Makes 12 · Storage: 6 days refrigerated

👩‍🍳 Directions

1. Mix the almond flour, sifted cocoa and erythritol.
2. Add the peanut butter, cream cheese, coconut oil and vanilla.
3. Mix well into an even dough, compact but soft to the touch.
4. Fold in the chopped peanuts and mix again.
5. Roll into equal-size balls and chill 30 to 40 minutes before serving.

💡 Tip

If the dough sticks to your hands, chill it a little before shaping. Use creamy peanut butter for a smoother dough that's easier to shape.

RECIPE 33 · MODULE 3

Healthy Creamy Coconut-Filled Bonbons

A crisp chocolate shell with a tropical coconut heart — a bonbon that looks like it came from a luxury pastry shop.

🥥 Ingredients

Filling:

- 1 cup (80 g) unsweetened shredded coconut
- 3 tbsp light cream cheese
- 2 tbsp coconut cream
- 2 tbsp powdered erythritol
- 1 tsp vanilla

Shell:

- 150 g (5¼ oz) sugar-free semisweet chocolate · 1 tsp coconut oil

Makes 10 to 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix the shredded coconut, cream cheese, coconut cream, erythritol and vanilla into a firm paste.
2. Shape into small balls or oval centers. Place on a tray lined with wax paper.
3. Freeze 20 to 30 minutes so they firm up well.
4. Melt the chocolate with the coconut oil over a double boiler or in the microwave.
5. Dip each center in the chocolate and place on wax paper.
   Chill until the coating is firm.

💡 Tip

The filling must be very cold before dipping. Sprinkle shredded coconut on top before the chocolate sets for a more attractive look.



MODULE 4

Protein & Functional Truffles

Flavor, nutrition and convenience in every bite. This module brings together recipes with protein powder and other functional ingredients — ideal as a post-workout snack, a filling treat or a smart sweet alternative.

Recipes 37 to 48

RECIPE 37 · MODULE 4

Chocolate Protein Truffles

Protein, chocolate and the perfect texture — the healthy snack that becomes a gym favorite.

💪 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) chocolate protein powder
- 40 g (½ cup) pure cocoa
- 70 g (¼ cup) unsweetened peanut butter
- 60 g (¼ cup) light cream cheese
- 2 to 3 tbsp plant milk
- 1 tbsp erythritol

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix the almond flour, protein powder, sifted cocoa and erythritol.
2. Add the peanut butter and cream cheese. Mix well.
3. Add the plant milk little by little until you get a moldable, non-sticky dough.
4. Roll into equal-size balls with your hands.
5. Chill 30 minutes and coat in cocoa before serving.

💡 Tip

Add the milk gradually — protein absorbs a lot of moisture and it's easy to overdo it. The dough should be firm but not dry. If it's too soft, chill before shaping.

RECIPE 38 · MODULE 4

Vanilla Coconut Protein Truffles

Soft, fragrant and nutritious — the vanilla coconut snack that wins over everyone.

💪 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) vanilla protein powder
- 50 g (⅔ cup) unsweetened shredded coconut
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 1 tsp vanilla
- 2 tbsp plant milk
- 1 tbsp erythritol

Makes 12 · Storage: 5 days in the fridge

👩‍🍳 Directions

1. Mix the almond flour, protein, shredded coconut and erythritol.
2. Add the cream cheese, vanilla and plant milk.
3. Mix until you get a compact, even dough.
4. Roll into balls and coat them in shredded coconut.
5. Chill 30 minutes before serving.

💡 Tip

If your protein is already very sweet, reduce or skip the erythritol so the recipe isn't too sweet. Taste the dough before shaping.

RECIPE 39 · MODULE 4

Peanut Butter Cocoa Protein Truffles

The classic combo in protein form — the most delicious post-workout snack you've ever tried.

💪🥜 Ingredients

- 90 g (1 cup) almond flour
- 30 g (1 scoop) chocolate or unflavored protein powder
- 20 g (¼ cup) pure cocoa
- 80 g (⅓ cup) unsweetened peanut butter
- 50 g (3 tbsp) light cream cheese
- 2 tbsp plant milk
- 1 tbsp erythritol

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix all the dry ingredients: almond flour, protein, cocoa and erythritol.
2. Add the peanut butter, cream cheese and plant milk.
3. Work the dough until even and moldable.
4. Shape the truffles with your hands, pressing firmly to compact them.
5. Chill and, if you like, coat them in cocoa or ground peanuts.

💡 Tip

This recipe is ideal as a post-workout snack: it brings protein, healthy fats and the peanut butter-chocolate flavor everyone craves after training.

RECIPE 40 · MODULE 4

Coffee Protein Truffles

Energy and protein in every bite — the truffle that tastes like coffee and gives you the boost you need.

☕💪 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) vanilla protein powder
- 1 tbsp instant coffee
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 60 g (¼ cup) almond butter
- 2 tbsp plant milk
- Erythritol to taste

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Mix the almond flour, protein and instant coffee.
2. Add the cream cheese, almond butter and plant milk.
3. Mix until you get a firm, even dough.
4. Roll into small, compact balls with your hands.
5. Chill and dust with cocoa if you want a more elegant finish.

💡 Tip

If your instant coffee is very granular, dissolve it first in 1 tsp hot water so it blends into the dough without lumps.

RECIPE 41 · MODULE 4

Almond Cinnamon Protein Truffles

Soft, warm and delicately spiced — protein with a flavor profile you'll love from the first bite.

🌰🍂 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) vanilla protein powder
- 1 tsp ground cinnamon
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 60 g (¼ cup) almond butter
- 2 tbsp plant milk
- Erythritol to taste

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix the almond flour, protein and cinnamon.
2. Add the cream cheese, almond butter and milk.
3. Knead until smooth and moldable.
4. Shape the truffles with your hands.
5. Roll them in cinnamon mixed with shredded coconut or ground almonds for the coating. Chill.

💡 Tip

These truffles are best if they rest 1 hour in the fridge before eating — the cinnamon blends in and the flavor rounds out noticeably.

RECIPE 42 · MODULE 4

Hazelnut Protein Truffles

Hazelnut flavor at its most nutritious — real protein with a premium bakery finish.

🌰💪 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) chocolate protein powder
- 50 g (⅓ cup + 1 tbsp) ground hazelnuts
- 60 g (¼ cup) light cream cheese
- 40 g (2½ tbsp) sugar-free hazelnut spread
- 1 to 2 tbsp plant milk

Makes 12 · Storage: 5 days in the fridge

👩‍🍳 Directions

1. Mix the almond flour, protein and ground hazelnuts.
2. Add the cream cheese and hazelnut spread. Mix well.
3. Adjust the texture with plant milk until the dough is moldable.
4. Roll into compact balls with your hands.
5. Chill and top with chopped hazelnuts to set them apart visually.

💡 Tip

If the dough is sticky when you try to shape it, chill it 15 minutes first — the difference is huge and the result much neater.

RECIPE 43 · MODULE 4

Double Chocolate Protein Truffles

Double chocolate, real protein and chips for the perfect crunch — the truffle that beats any craving.

🍫💪 Ingredients

- 90 g (1 cup) almond flour
- 30 g (1 scoop) chocolate protein powder
- 25 g (¼ cup + 1 tbsp) pure cocoa
- 60 g (¼ cup) light cream cheese
- 60 g (¼ cup) peanut butter
- 20 g (2 tbsp) chopped sugar-free chocolate chips
- 2 tbsp plant milk

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix the almond flour, protein and sifted cocoa.
2. Add the cream cheese, peanut butter and plant milk.
3. Mix until you get an even dough.
4. Fold in the chopped chocolate chips at the end to keep the texture.
5. Shape compact truffles, chill and coat them in sifted cocoa.

💡 Tip

Chop the chocolate chips well so the truffles look neater and more even. Whole chips make it hard to get a perfectly round shape.

RECIPE 44 · MODULE 4

Toasted Coconut Protein Truffles

Toasted coconut adds depth and a warm aroma that makes these truffles impossible to resist.

🥥💪 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) vanilla protein powder
- 50 g (⅔ cup) ground toasted unsweetened coconut
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 2 tbsp plant milk
- Erythritol to taste
- Extra toasted coconut for coating

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Mix the almond flour, protein, ground toasted coconut and erythritol.
2. Add the cream cheese and plant milk.
3. Mix until you get a compact, even dough.
4. Roll into balls with your hands.
5. Coat them in extra toasted coconut and chill 30 minutes before serving.

💡 Tip

Don't over-toast the coconut — when it starts to turn golden, that's enough. Very dark coconut turns bitter and ruins the delicate flavor of this recipe.

RECIPE 45 · MODULE 4

Lemon Protein Truffles

Citrusy, fresh and nutritious — the protein truffle that proves healthy can also be bright and delicious.

🍋💪 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) vanilla protein powder
- Finely grated zest of 2 lemons
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 50 g (⅔ cup) unsweetened shredded coconut
- 2 tbsp plant milk
- Erythritol to taste

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix the almond flour, protein, shredded coconut and lemon zest.
2. Add the cream cheese, plant milk and erythritol.
3. Work the dough until soft and moldable.
4. Shape the truffles with your hands.
5. Chill and coat in shredded coconut for the final finish.

💡 Tip

Use a Microplane or fine grater for the zest so the flavor spreads evenly through the dough, without big pieces of peel.

RECIPE 46 · MODULE 4

Mocha Protein Truffles

Mini energy bites with coffee and cocoa flavor — the snack that has it all for a real recharge.

☕🍫 Ingredients

- 100 g (1 cup) almond flour
- 30 g (1 scoop) chocolate protein powder
- 1 tbsp instant coffee
- 15 g (3 tbsp) pure cocoa
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 2 tbsp plant milk
- Erythritol to taste

Makes 12 · Storage: 5 days in the fridge

👩‍🍳 Directions

1. Mix the almond flour, protein, instant coffee and sifted cocoa.
2. Add the cream cheese, plant milk and erythritol.
3. Mix until you get a firm, even dough.
4. Roll into small energy-bite-size balls.
5. Chill 30 minutes and coat in sifted cocoa before serving.

💡 Tip

This recipe works especially well mini-size — small bites you can have two at a time before or after a workout. Very easy to sell in individual portions.

RECIPE 47 · MODULE 4

Pistachio Protein Truffles

Pistachio makes these truffles unmistakable, with a flavor worth far more than their price.

🌿💪 Ingredients

- 90 g (1 cup) almond flour
- 30 g (1 scoop) vanilla protein powder
- 50 g (⅓ cup) finely ground pistachios
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 2 tbsp plant milk
- Erythritol to taste
- Chopped pistachios to decorate

Makes 12 · Storage: 5 days chilled

👩‍🍳 Directions

1. Mix the almond flour, protein and ground pistachio.
2. Add the cream cheese and plant milk.
3. Work the dough until it doesn't stick too much to your hands.
4. Shape compact truffles all the same size.
5. Chill and coat in chopped pistachio to set them apart in assorted boxes.

💡 Tip

Always save some pistachio for decorating — the green color on the coating is what makes these truffles stand out and sell more in mixed boxes.

RECIPE 48 · MODULE 4

Brownie Protein Truffles

All the density and satisfaction of a real brownie, condensed into a protein truffle no one can resist.

🍫💪 Ingredients

- 90 g (1 cup) almond flour
- 30 g (1 scoop) chocolate protein powder
- 20 g (¼ cup) pure cocoa
- 30 g (¼ cup) finely chopped walnuts
- 70 g (¼ cup + 1 tbsp) light cream cheese
- 60 g (¼ cup) unsweetened peanut butter
- 2 tbsp plant milk

Makes 12 · Storage: 5 days refrigerated

👩‍🍳 Directions

1. Mix the almond flour, protein, cocoa and finely chopped walnuts.
2. Add the cream cheese, peanut butter and plant milk.
3. Mix well until all the ingredients are fully combined.
4. Roll into compact balls, pressing firmly so they hold their shape.
5. Chill and roll them in sifted cocoa for the final finish.

💡 Tip

Chop the walnuts into small, even pieces so the truffles don't break when shaped. Chop with a knife, not a food processor, for better control.

MODULE 5

Premium Truffles & Bonbons to Enjoy or Sell

The most sophisticated module in the ebook. These recipes were designed with the final product in mind: bonbons with flawless shells, surprising fillings and a visual finish that justifies a premium price. Perfect for gifting or selling.

Recipes 49 to 60

