



French Chocolate Sweet Potato Truffles with Kid Chef-Created Surprise Roll-ins

By Dylan Sabuco

Prep Time 30 / **Cook Time** 5 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

mix: to thoroughly combine two or more ingredients until uniform in texture.

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

coat: to apply a covering of flour, breadcrumbs, oil, sauce, or batter to food before baking or frying.

Equipment

- ☐ Large mixing bowl
- ☐ Can opener
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Small saucepan
- ☐ Small mixing bowl
- ☐ Liquid measuring cup
- ☐ Bowl(s) (for toppings)
- ☐ Teaspoon(s)

Ingredients

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- ☐ 1 can sweet potato purée (if unavailable, sub 1 can pumpkin purée + 2 T brown sugar)
- ☐ 3/4 C (or more) cocoa powder (dark or milk, your choice)
- ☐ 1 6-oz bag chocolate chips (milk, semi-sweet, or dark—your choice) ******(for NUT/DAIRY/SOY ALLERGY use Enjoy Life chocolate chips)******
- ☐ 1/4 C water or honey (to keep on hand if needed)
- ☐ ROLL-INS (pick 2 to 3 or as many as you like within your budget):
- ☐ 2 T coconut flakes
- ☐ 1 T cinnamon + 2 T white sugar
- ☐ 1 T fresh mint, chopped finely
- ☐ 1 tsp sea salt
- ☐ 1/4 C freeze-dried fruit (banana, raspberry, strawberry)
- ☐ 1/4 C crushed potato chips ******(SFC is Nut-Free, so avoid chips with peanut oil, esp. for NUT ALLERGY/also avoid chips with soy for SOY ALLERGY)******
- ☐ 1/4 C crushed pretzel sticks ******(for GLUTEN ALLERGY sub gluten-free pretzel sticks)******
- ☐ 1/4 C powdered sugar
- ☐ 1/4 C cocoa powder

Food Allergen Substitutions

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Dairy: Use Enjoy Life brand chocolate chips in Truffles.

Nut: SFC is always Nut-Free! Use Enjoy Life brand chocolate chips in Truffles. Use peanut oil-free potato chips for optional topping in Truffles.

Soy: Use Enjoy Life brand chocolate chips in Truffles. Use soy-free potato chips for optional topping in Truffles.

Gluten: Use gluten-free pretzel sticks for optional topping in Truffles.

Instructions

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intro

"Bonjour!" (Welcome! in French.) Truffles are a tasty chocolate candy made from cocoa, sugar, and butter typically. Our recipe will turn that classic on its head by using mashed sweet potatoes as the base. On top of that everyone will get to make their own unique truffle by topping it with any (or all) of the toppings listed above.

measure + mix

Measure and combine **1 can sweet potato purée** and **3/4 cup cocoa powder** in a large mixing bowl and stir until all the cocoa is fully incorporated. This mixture will become a thick, fudgy dough. You should be able to scoop a ball of dough out with your hands and roll it into a smooth truffle shape without the dough completely sticking to your hands.

recipe note

Please note that depending on your region's humidity or temperature of your kitchen you may need to add a few more tablespoons of cocoa powder to achieve a workable consistency for your truffle dough.

adjust + roll

You can adjust the consistency of the dough by adding additional cocoa powder. Once the consistency is just right, divide the dough into 1 tablespoon-sized scoops. Roll all the dough into smooth balls and lay them onto a plate or cutting board. Then, transfer the truffle balls to the refrigerator while you prepare the toppings.

measure + melt

Pour **1 bag of chocolate chips** into a small saucepan and turn the heat to low. In a small bowl, measure **1/4 cup water** and keep it on standby in case you need to add a splash to your chocolate. Stir the chocolate chips until they melt. Once the chocolate is smooth and shiny, pour it into a small bowl.

chocolate 911

Chocolate can be tricky, so be sure to bring some honey to help correct any mistakes. If you overheat chocolate, it becomes lumpy and less than desirable. If this happens, add a bit of **honey** and stir to bring back the original texture.

coat + sprinkle

Remove the truffles from the refrigerator. Prepare a separate bowl with your chosen toppings (or multiple bowls for lots of different toppings!) Roll each truffle in the chocolate using a spoon to move the truffle around in the chocolate, so that it is thoroughly coated. Place the still wet truffle onto a tray, plate, or cutting board and sprinkle a teaspoon-sized spoonful of your chosen toppings onto the truffle.

cool + enjoy

Chill these sweet potato treats in the refrigerator until you are ready to enjoy them! They are perfect as a dessert tray for any holiday party!

Featured Ingredient: Sweet Potato!

Hi! I'm Sweet Potato!

"Sweet potatoes are root vegetables, like beets and carrots! We're very popular in the Fall, especially for holiday dinners, where you might find us baked whole or sliced and diced as part of a side dish. We also pair well with fruit and other vegetables in salads and casseroles."

History

The sweet potato originated in Central or South America, and people began cultivating them in Central America at least 5,000 years ago.

Sweet potatoes have been grown in Peru for almost 3,000 years and remain one of the major crops for people in Peru.

When Columbus arrived in the New World, Native Americans were already growing and utilizing sweet potatoes. Columbus brought sweet potatoes back to Europe, and other explorers brought them from the New World to Asia.

Sweet potatoes were cultivated widely in Colonial America and were a significant form of sustenance for farmers and soldiers during the Revolutionary War.

As far as records show, orange sweet potatoes originally came from Puerto Rico and were named "yams" by Louisiana farmers to differentiate them from the white-fleshed variety grown in other parts of the country. Indeed, the sweet potato is officially the state vegetable of Louisiana! It's also North Carolina's official state vegetable.

George Washington grew sweet potatoes on his estate at Mount Vernon, Virginia.

North American supermarkets import much of their sweet potatoes from the Caribbean.

February is National Sweet Potato month!

Anatomy & Etymology

Sweet potatoes are edible roots, not tubers like potatoes. Actually, sweet potatoes aren't related to potatoes but are part of the Morning Glory family. Plants from this family produce beautiful flowers whose seeds were revered for their laxative properties by the Chinese.

The flesh of sweet potatoes can be white, yellow, orange, or even purple!

Enslaved African-Americans called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shortened to "yam."

Sweet potatoes are often confused with yams, and this is why!

How to Pick, Buy, & Eat

Sweet potatoes are eaten by people worldwide as they are a hearty crop that packs a lot of nutrition. It's best to store sweet potatoes in cool, dark, and dry places. They won't last as long in the fridge. Small, firm sweet potatoes tend to be sweeter and creamier. Large sweet potatoes contain more starch, as they've had more time to grow and develop the starches. Look for smooth, firm, even skin. Sweet potatoes should be cooked, not eaten raw. You can use them in many savory and sweet recipes. Sweet potatoes make an excellent side dish—you can bake, mash, or boil them—and their nutritional benefits are increased when combined with healthy fats, like avocado, butter, or olive oil! If they had their say, sweet potatoes might like to be known as everyday veggies rather than just for special occasions. For example, we in the United States eat more sweet potatoes around Thanksgiving than at any other time. But sweet potatoes are available year-round and should be enjoyed more often because of their benefits!

Nutrition

Sweet potatoes are very nutritious! Their color can tell us which nutrients they contain (like many vegetables and fruits!).

If a sweet potato is orange, it contains beta-carotene (other orange foods that contain this nutrient include carrots, shrimp, and oranges). Can you hear the name of a familiar vegetable in the word "beta-carotene?" Carrot! We know that beta-carotene is good for our eyes and skin. Have you ever been asked to eat your carrots because they are good for your eyes? Beta-carotene is why!

Sweet potatoes also have vitamin K, which helps our blood clot. When we get a cut, our blood clots to stop the bleeding, and vitamin K helps with this!

We often talk about fiber when we reveal our Surprise Ingredients because vegetables and fruits contain a lot of fiber. Sweet potatoes are no exception. So what does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines.