

Prep Time: 20 minutes
Chill Time: 30 minutes
Total Time: 50 minutes
Servings: 12 truffles
Calories per Serving: ~95 kcal

Table of Contents

- ✦
 - [Description](#)
 - [Ingredients](#)
 - [For the Truffle Centers:](#)
 - [For the Coating:](#)
 - [Instructions](#)
 - [Phase 1: Preparing the Dough \(Time: 10 Minutes | Intensity: Low\)](#)
 - [Phase 2: Shaping and Chilling \(Time: 10 Minutes Active, 30 Minutes Inactive | Intensity: Low\)](#)
 - [Phase 3: Coating and Finishing \(Time: 10 Minutes | Intensity: Medium\)](#)
 - [Recipe Notes & Tips](#)
 - [Nutrition Information](#)

Description

These Carb Keto Lemon Truffles are the perfect solution for a sweet craving without the sugar spike. Bursting with bright, zesty lemon flavor and coated in a velvety layer of sugar-free white chocolate, these bite-sized treats are rich, creamy, and incredibly satisfying. With a texture that melts in your mouth, they prove that following a low-carb lifestyle doesn't mean missing out on decadent desserts.

Ingredients

For the Truffle Centers:

- 1 cup (100g) Blanched Almond Flour
- ¼ cup (50g) Erythritol (or preferred granulated keto sweetener)
- 2 tbsp Coconut Flour
- Pinch of Sea Salt
- Zest of 2 large Lemons (about 2 tbsp)
- 2 tbsp Fresh Lemon Juice
- 3 tbsp Coconut Oil, melted
- 1 tsp Vanilla Extract
- 2 tbsp Heavy Whipping Cream (or full-fat coconut milk for dairy-free)

For the Coating:

- ½ cup (85g) Sugar-Free White Chocolate Chips (stevia or erythritol sweetened)

- 1 tsp Coconut Oil
- Optional: Extra lemon zest or crushed keto-friendly nuts for garnish

Instructions

Phase 1: Preparing the Dough (Time: 10 Minutes | Intensity: Low)

1. **Combine Dry Ingredients:** In a medium mixing bowl, whisk together the blanched almond flour, erythritol, coconut flour, and sea salt until well combined and no lumps remain.
2. **Add Flavor:** Zest the lemons directly into the dry mixture. Rub the zest into the flour mixture with your fingertips; this releases the essential oils and distributes the flavor evenly.
3. **Mix Wet Ingredients:** Create a well in the center of the dry ingredients. Add the melted coconut oil, fresh lemon juice, vanilla extract, and heavy whipping cream.
4. **Form the Dough:** Stir with a spatula until a dough forms. It should be slightly sticky but hold together when pressed. If the dough is too wet, add 1 teaspoon of coconut flour at a time. If too crumbly, add a teaspoon of water or cream.

Phase 2: Shaping and Chilling (Time: 10 Minutes Active, 30 Minutes Inactive | Intensity: Low)

5. Roll the Truffles: Using a small cookie scoop or a tablespoon, portion out the dough. Roll the dough between your palms to form smooth, 1-inch balls. If the dough sticks to your hands, lightly dampen your hands or chill the dough for 10 minutes first.
6. Chill: Place the rolled truffles on a parchment-lined baking sheet. Transfer to the refrigerator and chill for at least 30 minutes. This step is crucial; it firms up the coconut oil and ensures the truffles hold their shape when dipped.

Phase 3: Coating and Finishing (Time: 10 Minutes | Intensity: Medium)

7. Melt Chocolate: In a microwave-safe bowl, combine the sugar-free white chocolate chips and 1 teaspoon of coconut oil. Microwave in 20-second increments, stirring in between, until smooth and fully melted. Alternatively, use a double boiler.
8. Dip: Remove the chilled truffles from the fridge. Using a fork or a dipping tool, dip each truffle into the melted white chocolate. Allow the excess chocolate to drip off before returning it to the parchment paper.
9. Garnish: While the chocolate is still wet, sprinkle a tiny amount of lemon zest or crushed nuts on top for decoration.
10. Set: Allow the chocolate coating to set at room temperature or place them back in the fridge for 5-10 minutes for a quick set.

Recipe Notes & Tips

- **Sweetener Adjustment:** Erythritol can have a cooling effect. If you prefer a different sweetener, ensure it is a 1:1 sugar replacement. Taste the dough before rolling and adjust sweetness to your preference.
- **Lemon Zest:** Do not skip the zest! The zest contains the oils that provide the intense lemon flavor, while the juice provides the acidity.
- **Storage:** Store the truffles in an airtight container in the refrigerator for up to 1 week. They also freeze beautifully for up to 2 months.
- **White Chocolate:** If you cannot find sugar-free white chocolate chips, you can melt $\frac{1}{2}$ cup of cocoa butter with powdered erythritol, but the texture may vary slightly.

Nutrition Information

(Per Serving: 1 Truffle)

- **Calories:** 95 kcal
- **Total Fat:** 8g
- **Saturated Fat:** 4g
- **Cholesterol:** 3mg

- Sodium: 15mg
- Total Carbohydrates: 6g
- Dietary Fiber: 2g
- Sugars: 0.5g
- Net Carbs: 4g
- Protein: 2g