



Brownie Truffles

Baking

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WHAT MAKES IT MEANINGFUL

Baking teaches us to be increasingly aware of what we put into our bodies everyday. It can increase feelings of wellbeing, contribute to stress relief, and can bring a sense of connection to others. It helps develop fine motor skills with measuring, stirring, spooning as well as language and math skills.

TIME

20 minutes of prep time.

Approx. 20 minutes to bake.

MATERIALS

- 15.25 oz box brownie mix (+ other ingredients needed according to package)
- 4 ounces of cream cheese, softened
- 1 ½ cups of chocolate chips
- Optional: Oreos, sprinkles, etc.

INSTRUCTIONS

1. Make and bake brownies according to package instructions.
2. Once the brownies have cooled down, remove from the baking tray and place them in another bowl.
3. Mix the brownies and cream cheese until fully combined.
4. Roll the mixture into small balls, place on a lined cookie sheet, and put in the freezer until firm (approx. 30 minutes)
5. Melt the chocolate chips in the microwave for about 1 minute (or until melted) and coat the truffle in chocolate by individually placing them on a fork and dipping them in the chocolate.
6. Optional: sprinkle crushed Oreos, sprinkles or other toppings of your choosing on the truffles.



Croissant Cinnamon Rolls

7. Line a baking sheet with parchment paper, place each truffle on the sheet and put in the freezer to allow for the chocolate to harden.
8. Remove the truffles from the freezer 5 minutes before eating.
9. To store keep them in the fridge – they'll last for about a week; or store them in the freezer by placing them in a freezer safe bag/container for a month!

RESOURCES

<https://www.iheartnaptime.net/brownie-truffles/>

<https://www.simplyrecipes.com/how-to-melt-chocolate-chips-7092882#:~:text=Milk%20chocolate%20chips%3A%201%2F2%20cup%20takes%201%20minute%2C,on%20high%20heat%2C%20to%20melt.>

SUPPORTS NEEDED

This activity can be done individually or with a group.

Some individuals may need support

holding, opening, measuring, pouring, mixing, dipping and rolling items as this activity requires fine motor skills.

Some individuals may require support with identify measurements.

Supports may vary depending on the individual

OTHER THINGS TO NOTE

Per 1 truffle:

152 calories; carbs 22g; protein 2g; sugar 19 g; sodium 75 mg.