

Recipe

VEGAN/KETO PEANUT BUTTER CUPS

THE GOODS:

- 10 oz dark chocolate (70% cacao or higher), melted with 1 tsp coconut oil
- 3/4 cup smooth peanut butter (unsweetened)
- 2.5 tbsp melted coconut oil
- 1 tbsp maple syrup
- 1/2 tsp cinnamon
- Pinch of salt (or more depending on if peanut butter is salted)
- 1 tsp vanilla extract

THE METHOD:

Chop dark chocolate into small shards and place in heat-safe bowl with 1 tsp coconut oil. Melt in microwave in 30 second intervals, stirring well between each, until completely melted. Alternatively, you can melt the chocolate in a double boiler – it's up to you.

Meanwhile, whisk together peanut butter, coconut oil, maple, cinnamon, salt and vanilla until smooth and creamy.

Line a mini muffin tray with mini muffin liners. Pour a small amount of chocolate into each (enough to cover bottom). I like to pipe it in with a piping bag but a spoon works too! Freeze for about 10 minutes or until solid. Transfer peanut butter filling to a piping bag or spoon in a dollop to each liner, leaving room at the top for more chocolate. Cover each with more chocolate until no peanut mixture is showing, then freeze until solid (about 30 minutes).

Store in airtight container in freezer.

(Move to fridge or let sit on counter for 30 mins to 1 hr before serving so they aren't frozen.)

Recipe from Ani Okun

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Boulder Nutrition