

Peanut Butter Cups

Peanut butter cups are the pleasure we can't get away from. Let's be real, chocolate and peanut butter combined just hits the spot. Since I am a firm believer in eating chocolate daily (cause how else would life be AWESOME), I have made it a point to conquer a peanut butter cups recipe. Give this one a try for you and the kiddos! The sweet treat is simple and healthy. The use of agave as the natural sweetener reduces the glycemic index, meaning this is even a diabetic friendly treat.

Ingredients:

2/3 cup	Unsweetened cocoa powder
2/3 cup	Light Agave
1/2 cup	Sunflower Oil (you can use coconut oil, but I was trying to keep the saturated fat content low in these)
1/3 cup	Stevia
20 tsp	Peanut butter, creamy

Directions:

1. Combine and mix the first four ingredients until it makes a smooth, and somewhat runny mixture.
2. Line a mini cupcake pan with paper-cups. There should be about 20.
3. Place 1 tsp of the chocolate mix at the bottom of each cup.
4. Spoon 1 tsp or small dollop of peanut butter on top of the 1st chocolate layer.
5. Spoon 1 more tsp of the chocolate mixture on top of each peanut butter layer, making sure it is covered.
6. Freeze for 1-2 hours.

**Store in an airtight container in the freezer. Since these have a large coconut oil base, they will easily melt outside of the freezer.

Nutrition Facts:

Servings: 20

Serving size: 1 PB cup

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Amount Per Serving	% Daily Value*	
Calories	132.4 kcal	7 %
Total Fat	9.8 g	15 %
Saturated Fat	1.3 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	3.7 mg	0 %
Total Carbohydrate	12 g	4 %
Dietary Fiber	1.4 g	5 %
Sugars	7.5 g	
Protein	1.5 g	3 %
Vitamin A	0 %	• Vitamin C 0 %
Calcium	0 %	• Iron 2 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>