



4 Ingredient Raw Peanut Butter Chocolate Cups

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



285 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons coconut flour as needed
- 200 g chocolate dark 72% (I used)
- 2 tablespoons maple syrup
- 1.3 cups creamy peanut butter
- 1 dash vanilla

Equipment

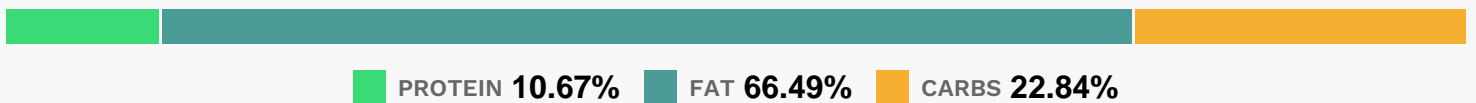
- bowl

- baking sheet
- sauce pan
- baking paper
- ice cream scoop

Directions

- Line a baking sheet with parchment paper. In a medium bowl, combine the peanut butter, maple syrup, vanilla and 2 tablespoons of the coconut flour until well blended.
- Add additional coconut flour if the peanut mixture is too soft it should be pliable and easy to form into shapes with your hands. Using a tablespoon or ice cream scoop, drop spoonfuls of the mixture onto the prepared baking sheet. Form into balls and flatten each ball slightly with your fingers.
- Place in the freezer for 20 to 30 minutes until firm. Melt the chocolate in a small saucepan over low heat, stirring often, until melted.
- Let cool for a few minutes and then dip each of the frozen peanut butter pieces into the chocolate to coat completely. Using a fork is a good way to do this and be sure to work quickly.
- Transfer each peanut butter cup back to the baking sheet and return to the freezer.
- Sprinkle with a little coarse sea salt if desired. Chill until set, about 1 hour or more. These will keep well in the freezer for several days, if they last that long. Note: You can make a half batch instead, but these are so good, you won't want to do that, especially as they keep so well.

Nutrition Facts



Properties

Glycemic Index: 6.13, Glycemic Load: 2.86, Inflammation Score: -4, Nutrition Score: 9.4104347826087%

Nutrients (% of daily need)

Calories: 284.77kcal (14.24%), Fat: 21.92g (33.72%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 13.34g (4.85%), Sugar: 9.09g (10.1%), Cholesterol: 0.5mg (0.17%), Sodium: 129.08mg (5.61%), Caffeine: 13.33mg (4.44%), Protein: 7.91g (15.83%), Manganese: 0.82mg (41.08%), Magnesium: 87.15mg (21.79%), Copper: 0.41mg (20.74%), Vitamin B3: 3.99mg (19.96%), Vitamin E: 2.71mg (18.07%), Phosphorus: 148.51mg

(14.85%), Fiber: 3.6g (14.41%), Iron: 2.51mg (13.96%), Zinc: 1.3mg (8.69%), Potassium: 288.36mg (8.24%), Vitamin B6: 0.13mg (6.68%), Vitamin B2: 0.11mg (6.48%), Folate: 24.65µg (6.16%), Vitamin B5: 0.37mg (3.74%), Selenium: 2.31µg (3.3%), Vitamin B1: 0.05mg (3.16%), Calcium: 29.85mg (2.98%), Vitamin K: 1.3µg (1.24%)