



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- ¾ - 1C Nut Butter
- 1-1 ½ C Almond flour
- 1/4C monk fruit sugar
- 1/2t vanilla
- 1 bar Lily's Dark Chocolate
- 1-2t coconut oil
- Hymillian salt

Nut Butter Choc Cups

Preparation

1. Mix all ingredients except chocolate, coconut oil and salt.
2. Spoon mixture into a mini muffin tin.
3. Melt dark chocolate and coconut oil. Drizzle over cups. Sprinkle with salt.
4. Freeze until solid, approximately 30-45 minutes.
5. Store in the refrigerator.

Tips

This recipe is very forgiving and depends on how soft you like the peanut butter cup! Adjust as you like!

The chocolate melts pretty quickly so have a napkin handy. You may also want to reduce the coconut oil as you like, but may also have to adjust the amount of chocolate.

A smaller amount in each mini muffin mold makes for a nice balance between the chocolate and other flavors. And you'd have a lot more than 16!