



# PB & Dark Choc Cups

## Ingredients

- $\frac{3}{4}$  - 1C Peanut Butter
- 1-1  $\frac{1}{2}$  C Almond flour
- 1/4C monk fruit sugar
- 1/2t vanilla
- 1 bar Lily's Dark Chocolate
- 1-2t coconut oil
- Hymillian salt

## 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 pumpkin mixture. 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!