

**SUGAR-FREE PEANUT BUTTER CUPS**

The coconut cream in this recipe makes the 'chocolate' smoother. Interestingly, I find the more coconut cream you use, the harder the chocolate texture.

🕒 45 minutes

🍴 25 portions

**INGREDIENTS**

- 1/2 cup of oil, coconut (109 g)
- 1/2 cup of cacao powder (43 g)
- 1 tbsp of rice Malt Syrup (10 g)
- 2 tbsps coconut cream, (30 g)
- 1/4 cup of natural peanut butter, smooth (65 g)

**COOKING METHOD**

- 1° Arrange small chocolate papers on a tray. Combine the coconut oil and cacao powder until smooth, then stir in the syrup and coconut cream. Pour a thin layer into the bottom of the chocolate papers. Freeze for 5 minutes.
- 2° Remove from the freezer and spoon 1/3 teaspoon nut butter into each one. Pour the remaining cacao mixture on top and scatter sea salt over. Refrigerate for 30 minutes until set [or, if you're short of time, freeze them].
- 3° Eat straight from the fridge – these won't last at room temperature.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (10 g)	% DRI
ENERGY	617 kcal	63 kcal	3 %
FAT	61 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	42 g	4 g	22 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	124 mg	13 mg	1 %
CARBOHYDRATE	20 g	2 g	1 %
SUGARS	4 g	0 g	—
FIBER	8 g	1 g	3 %
PROTEIN	9 g	1 g	—