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Dark Chocolate Peanut Butter Cups

YMCA of Northern
Rock County

**Minimize unhealthy processed vegetable oils and sugar by using coconut oil and natural sweeteners.
This is a great recipe to make with your kids!**

Servings: 12

Ingredients:

CHOCOLATE LAYER

- 1 cup dark chocolate chips, melted
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract

PEANUT BUTTER LAYER

- 1/2 cup natural peanut butter
- 1/4 cup honey or 100% pure maple syrup
- 2 tablespoons coconut oil

Directions:

Step 1 - Line a muffin tin with muffin tin liners.

Step 2 - In a bowl or measuring cup, add the dark chocolate and 1/4 cup coconut oil.

Step 3 - Stir in vanilla extract.

Step 4 - Microwave for 30-second intervals until melted, stirring each time.

Step 5 - Pour half of the chocolate mixture into the 12 liners (just enough to cover the whole bottom).
Save the other half for the top layer.

Step 6 - Freeze for 15 minutes.

Step 7 - In a bowl or measuring cup, add the peanut butter, honey or maple syrup, and 2 tablespoons coconut oil.

Step 8 - Microwave 15 seconds or until slightly melted and pourable.

Step 9 - Pour mixture evenly into the 12 muffin tins.

Step 10 - Freeze for 5 minutes.

Step 11 - Pour remaining chocolate mixture evenly on top of the peanut butter layer.

Step 12 - Freeze until firm about 1 hour.

Step 13 - Store in the refrigerator until ready to serve.



Nutritional Information:

Calories: 209

Fat: 15g

Carbs: 17g

Protein: 3g

Recipe courtesy of:
<https://tasty.co/recipe/5-ingredient-chocolate-peanut-butter-cups>