

**SERVES 6-12**

# Sugar-Free Peanut Butter Cups

(Gluten-Free, Low Carb, High Protein, Keto, Vegan)

Isabellemckenzie.com | total time: 30 mins



## INGREDIENTS

### For the chocolate layers:

1/2 cup and 1 tbsp of good quality cocoa powder

5 tablespoons cacao butter or coconut oil, melted and cooled slightly

15-20 drops liquid stevia, to taste

1/2 tsp Vanilla extract (optional)

Pinch salt

### For the peanut butter layer:

3 1/2 tablespoons unsweetened creamy peanut butter

2 teaspoons almond meal, peanut flour or plain flour

15-20 drops liquid stevia, to taste

2 tsp Coconut oil or butter

1/4 tsp Vanilla extract (optional)

1 pinch of salt (optional, to taste)

## INSTRUCTIONS

1. In a small mixing bowl, mix together all of the chocolate layers ingredients, scraping the sides and bottom of the bowl, making sure that everything is incorporated.
2. In another bowl mix blend together the peanut butter ingredients, stirring until smooth.
3. To assemble line a small muffin pan with paper liners (or use a candy cup mold). Fill the bottom of the lined cups or molds evenly with chocolate (about 1-2 tsp). Leave it to set for about 10 minutes in the fridge. Now spoon and center, roughly 1 teaspoon of the peanut butter layer mix onto each bottom filled chocolate layered cup. It should spread without reaching the edges. Top with another teaspoon of chocolate mix, to cover the top and edges.
4. Allow it to set at room temperature for 15 minutes, then place it into the fridge, allowing it to set completely.
5. Store in the fridge until you're ready to eat it!

(Note: using coconut oil will mean the cups will be slightly meltier at room temp.)

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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