



RELISH HEALTH

Chocolate Almond Butter Cups

These nut butter cups are delicious and a snap to make. While they definitely should still be considered a treat, the simple ingredients and relatively low sugar content makes them a great alternative to the commercially available options that are higher in sugar and laden with additives. The protein and fat content of these cups help keep the sweet tooth satisfied longer.

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Time: 10 minutes prep; 1 hour freezer

Servings: approximately 15 petit four size cups

Ingredients:

¼ cup cocoa powder

¼ cup plus 1 tablespoon coconut oil, melted

¼ cup almond butter

3 tablespoons maple syrup, divided (or to taste)

Directions:

- Line a mini-muffin tin with petit four cups.
- In a small bowl combine the cocoa powder, ¼ cup melted coconut oil and 2 tablespoons warm maple syrup. Mix well and set aside.
- In a separate small bowl, combine the almond butter, 1 tablespoon warm coconut oil and 1 tablespoon warm maple syrup. Mix well.
- Using a teaspoon, pour 1 teaspoon of the chocolate mixture into each paper liner. Next, spoon a scant teaspoon of the almond mixture into each cup being careful to place the nut mixture in the center of the cup. Last, pour an additional ½ - 1 teaspoon of chocolate mixture into the paper muffin liners to cover the nut mixture.
- Place the muffin tin in the freezer for about 1 hours.
- Remove the nut butter cups from the tin and enjoy. Store any leftovers in the freezer or refrigerator.

Note: Roasted almond butter will result in a firmer center while raw almond butters give a creamier softer center. This recipe works well with a variety of nut butters. Sunflower seed butter can be substitutes for those with peanut and tree nut allergies.

Nutrients per serving: Calories 78, Fat 7g, Total Carbs 4g, Fiber 0.3g, Sugar 3g, Protein 1g

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