

PB Fudge Cups

Yield: 40 pieces

Main Cookbook
Desserts

Chewy, fudgy, sweet, and salty...this treat is EVERYTHING, plus made with minimal whole-food ingredients. I love to whip up a batch of these each week to fill that 'I need a something a little sweet' craving. The kids love them too!

BASE

1 cup almond flour

1 cup unsweetened cocoa

1/2 cup coconut oil, melted

1/2 cup maple syrup

FILLING

1 cup peanut butter, melted

FUDGE TOPPING

1 cup coconut oil, melted

1/2 cup unsweetened cocoa

1/2 cup maple syrup

1 dash sea salt (optional)

- 1.) Combine all ingredients for the base layer in a bowl and mix until well combined.
- 2.) Spoon into silicone molds, filling about 1/3 of each cup. Freeze for about 20 minutes.
- 3.) Meanwhile, melt peanut butter and stir until it reaches a thick liquid consistency.
- 4.) Pour Peanut butter over the base layer of each cup, filling until about 2/3 full. Freeze again for about 20 minutes.
- 5.) While in the freezer, combine coconut oil, cocoa powder, and maple syrup for the fudge topping in a separate bowl until well combined. Use a small spoon to drizzle fudge over the PB layer of each cup, filling it to the top.
- 6.) Top each with a light sprinkle of sea salt (optional), and freeze again until cups are frozen throughout and can easily be removed from the silicon molds (about 1 hour).

TIP: Place mini-cup silicon molds on a baking sheet while freezer to minimize spills and messes!