

Dark chocolate peanut butter cups

Preparation time: 30 minutes

Ingredients:

250g 70% dark chocolate e.g. Moser Roth dark 70% cocoa
1 ½ tbsp Coco Loco coconut oil
2 ½ tbsp natural peanut or almond butter
½ tbsp Aldi Finest maple syrup
Pinch sea salt and additional for sprinkling on top

Directions:

- Break the dark chocolate into pieces and melt it together with the coconut oil in a heat proof bowl set over a pan of gently boiling water. Or if using the microwave to melt, use 30 second bursts and stir well to avoid the chocolate burning
- Place 20 – 24 mini muffin cases (paper or silicon) onto a dish or tray that will fit into your freezer
- When the chocolate oil mixture has melted, spoon a small layer into each muffin case and place in the freezer for 10 minutes to firm up
- Mix the nut butter with the maple syrup and a salt
- Remove the hardened chocolate bases from the freezer, spoon a small amount of the nut butter mixture into each case, cover with the remaining dark chocolate and sprinkle with a flake or two of salt. Place back in the freezer for 15 minutes to set

With just 5 ingredients, these are a much healthier version of a well-known treat. Quick and easy to make, they can be stored in the fridge for 2 – 3 weeks or in the freezer for longer.