

Dark Chocolate Almond Butter Cups

Prep Time: 15 minutes; plus 30 minutes freezer time

Total Time: 45 minutes

Servings: About 15 mini cups or 8 big cups

Serving Size: 2 mini cups or 1 big cup

Ingredients:

$\frac{3}{4}$ cup dark chocolate chips or chopped dark chocolate (60% or higher)
1 tablespoon coconut oil
 $\frac{1}{4}$ cup smooth, all natural, raw almond butter
Pinch of salt
 $\frac{1}{2}$ tablespoon maple syrup

Kitchen Utensils Needed:

Mini silicone candy molds or silicone mini muffin tray
OR regular mini muffin tray with small baking cups to fit inside

Directions:

1. Melt chocolate and coconut oil together until very smooth on the stovetop over low heat. You can either use a double broiler to do this, or melt inside a stove top save glass bowl on top of a small amount of slowly boiling water in a pot, or in the microwave .
2. Use a spoon, small spatula or even unused paint brush and fill each candy mold (about 15 total) or baking cups (about 8 total) $\frac{1}{4}$ full of the melted chocolate mixture. You will only use some of the chocolate melted chocolate in this step; place the rest over low heat to keep it thin and melted.
3. Carefully use the tip of a metal teaspoon or knife to even out chocolate inside the mold (if needed), then place the entire tray on a flat surface inside the freezer for about 10 minutes or until chocolate is hard and set.
4. Combine almond butter, salt, and maple syrup in a small bowl and stir until well incorporated. The maple syrup will make the nut butter thicken up a bit and adds a touch of sweetness.
5. Use two small teaspoons and/or spatulas to gently scoop nut butter into each of the chocolate molds, filling the mold up to slightly more than half full total. Use a spatula or back of the teaspoon to keep more of the almond butter distributed towards the center of the candy and leave a little room around the edges for chocolate.
6. Slowly drizzle remaining chocolate evenly over the nut butter layer for each piece of candy and spread out using a spatula to get an even finish.
7. Place in freezer to set for an additional 20 minutes. Remove from freezer, pop out of molds or peel back baking cups and enjoy cold or wait 5-10 minutes and then eat them.

Tips and Tricks:

It's important not to add any more maple syrup thinking you want it sweeter, because your nut butter will turn thick, stiff and difficult to work with. Trust me, these will be decadent enough for you!

*These candies need to be stored in the freezer and will get a little melty after they've sat out for 15-20 minutes.

Nutritional Information Per Serving:

Calories: 167.9
Fat: 12.5 g
Cholesterol: 0.0 mg
Sodium: 7.6 mg
Total Carbohydrate: 16.1 g
Dietary Fiber: 2.5 g
Sugars: 11.7 g
Protein: 1.3 g