

# Natural Dark Chocolate Peanut Butter Cups

Contributed by [The Blue Dove Foundation](#)

Source: <https://www.healthy-liv.com/healthy-dark-chocolate-peanut-butter-cups/#wprm-recipe-container-8743>



## INGREDIENTS

For the Chocolate Layer

- 2 Tbsp. creamy natural peanut butter
- 2 Tbsp. coconut oil
- 1 Tbsp. maple syrup
- 1 tsp. vanilla extract
- 2 Tbsp. unsweetened cocoa powder (I use dark chocolate cocoa powder)

For the Peanut Butter Layer

- 1/3 cup creamy natural peanut butter
- 1 Tbsp. coconut oil
- 1 Tbsp. maple syrup
- 1 tsp. vanilla extract
- 1/8 tsp. salt

## INSTRUCTIONS

Chocolate Layer

- In a small glass bowl or measuring cup, add peanut butter, coconut oil, and maple syrup. Microwave for 30 seconds on medium power and stir until smooth. Add vanilla extract and cocoa powder and stir again.

- Line a mini muffin pan with mini cupcake liners. Add a small spoonful of the chocolate layer to each liner. Place tin in freezer while making peanut butter layer. (You can also make 10 large, thinner peanut butter cups in a regular size muffin pan with regular liners!)

#### Peanut Butter Layer

- In a small glass bowl or measuring cup, add peanut butter, coconut oil, and maple syrup. Microwave for 30 seconds on medium power and stir until smooth. Add vanilla extract and salt and stir again.
- Add a small spoonful of the peanut butter mixture to each chocolate layer. Freeze for 30 minutes until solid. Peel away liner, and store in the refrigerator for up to a week or in the freezer for up to 2 months.

#### NOTES

You can use refined or unrefined coconut oil in this recipe. Refined coconut oil has no taste, while refined coconut oil has a slight coconut taste. Both work well, and the finished product doesn't taste like coconut.