

# Peanut Butter Banana Cups

## Ingredients

### Chocolate layer:

- 1 cup dark chocolate chips (at least 70% cocoa)
- 1 tablespoon coconut oil

### Peanut butter filling:

- ½ cup unsweetened peanut or almond butter
- 2-3 tablespoons flour
- 2 tablespoons natural sweetener, such as maple syrup or honey

### Topping:

- 2 medium bananas (sliced)

## Instructions

- Line a mini muffin pan with mini liners.
- Melt together the chocolate chips & coconut oil until completely melted & smooth.
- Pour ~1 tsp. of melted chocolate into the bottom of each liner. Cover the entire bottom of the liner. Transfer muffin pan to freezer to set. Set remaining melted chocolate aside.
- Next, add peanut butter filling ingredients to a bowl and stir until smooth, slightly thick, and combined.
- Spoon ~1 tsp. of peanut butter filling into palm of hands & roll into a ball - flatten slightly to form a disk. Remove muffin tin from freezer & place one disk on top of each chocolate lined cup. Repeat until all cups have been filled.
- Pour 1-2 teaspoons of melted chocolate over each peanut butter cup, completely covering peanut butter. Once all cups are filled with chocolate, top with a banana slice & transfer pan back into freezer for 10-15 minutes or until the chocolate is completely set.
- Remove cups from freezer, transfer to an airtight container and store in the fridge or enjoy right away!

MAKES 16 PB CUPS | SERVING SIZE: 1 CUP | NUTRITION PER SERVING: CALORIES: 120 | CARBOHYDRATES: 9G | PROTEIN: 3G | FAT: 8G | FIBER: 1G | SUGAR: 6G

ADAPTED FROM SAM DOES HER BEST - HEALTHY STRAWBERRY BANANA CUPS

