

Chocolate Peanut Butter Keto Cups

"This is a modification of a recipe for a peanut butter cup-style fat-bomb I found online. Store in the fridge or freezer. When hungry or needing a fat bomb (if you are on keto), eat one." Chocolate Peanut Butter Keto Cups – You must try this recipe.

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× 1 h 18 m

× 12 Servings

× 246 cal

Ingredients

- 1 cup coconut oil
- 1/2 cup natural peanut butter
- 2 tablespoons heavy cream
- 1 tablespoon cocoa powder

- 1 teaspoon liquid stevia
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon kosher salt

- **1 ounce chopped roasted salted peanuts**
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Directions

1. Melt coconut oil in a saucepan over low heat, 3 to 5 minutes. Stir in peanut butter until smooth.
 2. Whisk in heavy cream, cocoa powder, liquid stevia, vanilla extract, and salt.
 3. Pour chocolate-peanut butter mixture into 12 silicone muffin molds. Sprinkle peanuts evenly on top.
 4. Place molds on a baking sheet.
 5. Freeze chocolate-peanut butter mixture until firm, at least 1 hour.
 6. Unmold chocolate-peanut cups and transfer to a resealable plastic bag or airtight container.
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Nutrition Facts

Per Serving: 246 calories; 26 g fat; 3.3 g carbohydrates; 3.4 g protein; 3 mg cholesterol; 89 mg sodium.

Recipe by: **John Larkin**, Photo Credit: **Jules (flickr)**

Submit Your Recipe!

Please remember, We cannot accept any recipes taken from a book/website/other source. Remember that a reader should be able to take your recipe and cook from it without encountering any problems. End all recipes with a useful tip, e.g. an alternative ingredient you could use, something the dish goes well with, whether you can freeze it, etc.

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