



## CHOCOLATE PEANUT BUTTER CUPS

	Ingredients	Exchanges
Protein	4.5 gm smooth peanut butter	1 (-1.0 gm fat)
Fat	15.3 gm butter	3.25(-1.0 gm)
Carbohydrate	1.3 gm Hershey's® unsweetened cocoa powder	1
Other	½ tsp. Walden Farms chocolate syrup®	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Weigh the ingredients using a gram scale.
- Melt half of the weighed butter in a small bowl.
- Whisk the peanut butter into the melted butter until smooth.
- Pour the mixture into a silicone muffin mold or cupcake liner.
- Place in the freezer for 30 minutes or until the mixture is solid.
- Melt the remaining butter in a small bowl.
- Whisk the cocoa powder and chocolate syrup into the melted butter until evenly combined.
- Pour the melted chocolate mixture over top of the frozen peanut butter mixture.
- Gently place back into the freezer for one hour.
- Allow to soften at room temperature for 3-5 minutes before serving.

### VARIATIONS

- This is a very flexible recipe; it can be adjusted as needed.

