

Coconut and Peanut Butter Candies



Recipe developed by Paige Vondran

Directions

- Melt the coconut oil in a small bowl.
- Stir in the peanut butter.
- Add one drop of liquid stevia and a small pinch of salt.
- Whisk this mixture thoroughly until it is well blended and smooth.
- Pour the mixture into freezer-safe silicone molds.
- Freeze for a minimum of one hour before serving.

Ingredients

		Exchange
Heavy cream	none	
Protein	9g smooth peanut butter	2 (-2.0g fat)
Fat	22g coconut oil	6 (-2.0g)
Carbohydrate	None	
Other	Small pinch of salt	
	1 drop liquid stevia	

Variations:

- The proportion of peanut butter to coconut oil is very flexible; it can be adjusted as needed.

This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.