

# Healthy "Peanut" Butter Chocolate Cups

Hands-on 15 minutes Overall 1 hour



**Nutritional values (per cup):** Total carbs: 2.6 g, Fiber: 0.9 g, **Net carbs: 1.7 g**, Protein: 1.7 g,  
Fat: 7.9 g, Calories: 81 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 12 cups)

1 bar [90% dark chocolate](#) (100 g/ 3.5 oz)

1/4 cup [Homemade Almond & Cashew Butter](#) or roasted [almond butter](#) (63 g/ 2.2 oz)

2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)

*Optional:* sea salt for sprinkling

*Note:* You can use [peanut butter](#) if you can tolerate legumes. Can't eat nuts? Try [toasted coconut butter](#) or [sunbutter](#).

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## Instructions

1. Mix the nut butter and erythritol together in a small bowl, and place in the freezer for at least 10–15 minutes to harden (do not use granulated sweetener or the cups will be gritty).
2. In the meantime, prepare the chocolate by roughly chopping it, and melt it over a very low heat on the stove, stirring constantly. If it appears to be getting too hot, remove from the heat and keep stirring – the chocolate will continue to melt.
3. Once all of the chocolate has melted, place about a teaspoon full into the bottom of each mould, and use teaspoon to coat the sides of the mould with the chocolate (alternatively you could use a pastry brush to do this). This should use roughly half the chocolate. Set the rest aside, and place the moulds in the freezer to harden.
4. Remove the nut butter mix, and roll into small marble-sized pieces. Remove the moulds from the freezer, and place a nut butter ball in the centre of each, on top of the hardened chocolate.
5. Pour the remaining chocolate evenly over the top of each to fill each mould. Note that you may need to heat up the remaining chocolate if it has started to set to ensure it pours easily.
6. Place the moulds in the freezer or fridge to set. Once set, sprinkle with sea salt flakes (can be skipped but is highly recommended!).
7. Store in the fridge in a sealed container for up to one month. One serving (cup) is about 15 grams (0.5 oz).

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