

Keto Peanut Butter & Jelly Cups

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per cup): Total carbs: 5.5 g, Fiber: 1.6 g, **Net carbs: 3.9 g**, Protein: 3.1 g,

Fat: 8.5 g, Calories: 103 kcal,

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



Ingredients (makes 12 cups)

Peanut butter layer:

1/2 cup roasted unsalted peanuts *or* [almonds](#) (73 g/ 2.6 oz)

1 tbsp [coconut butter](#) (16 g/ 0.5 oz) - *you can [make your own coconut butter](#)*

1/4 cup cashews *or* 2 tbsp cashew butter *or* our homemade [Almond & Cashew Butter](#) (32 g/ 1.1 oz)

1 tbsp [Sukrin Gold](#), [Erythritol](#) *or* [Swerve](#) (10 g/ 0.4 oz)

1 heaped tbsp [almond flour](#) (8 g/ 0.3 oz)

Blueberry jelly layer:

125 g fresh *or* frozen blueberries (4.4 oz)

2-5 drops [liquid stevia](#), or to taste

Optional: [gelatin powder](#) for a firmer jelly (see tips above for details)

Chocolate layer:

8 large squares [85% dark chocolate](#) (80 g/ 2.8 oz)

*Note: Apart from [85% dark chocolate](#), you can use [90% dark chocolate](#) *or* [sugar-free dark chocolate](#) such as [Lily's](#). If you like your chocolate really dark, go for 100% chocolate!*

Instructions

1. To make the base, add all ingredients into a food processor and pulse until combined and resembling a thick (but lumpy!) paste.
2. Divide evenly among 12 mini muffin molds and press down firmly (about 12 g/ 0.4 oz per cup). Place in the freezer whilst you make the jelly layer.
3. To make the jelly, add the blueberries to the food processor and mix until smooth. Add a few drops of stevia, blend, and then taste and add another drop or two if required.
4. Distribute evenly among the molds on top of the peanut base (slightly less than 1 tbsp per cup). Place in the freezer whilst you make the chocolate layer.

5. To make the chocolate top, chop the chocolate into smaller pieces and melt in a saucepan over the lowest heat.
6. Pour evenly across the jelly layer (about 1 1/2 tsp per cup) and set in the freezer at least twenty minutes.
7. Remove from the freezer and allow to sit at room temperature a few minutes before serving. Store in the freezer for up to six weeks.

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