

# 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

- To make the base, add all ingredients into a food processor and pulse until combined and resembling a thick (but lumpy!) paste.
- 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.
- 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.
- 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.

- To make the chocolate top, chop the chocolate into smaller pieces and melt in a saucepan over the lowest heat.
- Pour evenly across the jelly layer (about 1 1/2 tsp per cup) and set in the freezer at least twenty minutes.
- 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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