



Keto Inside Out

Peanut Butter Cups

Keto Peanut Butter Cups sound great, but I'm not a huge fan of dipping things in chocolate. It's messy, time intensive . . . and I'm all about simple and easy Keto recipes! I accidentally messed up a batch of chocolate drizzle and Boss Babe, the recipe genius, took one look at it and this idea popped into her head. Is this a winner?! Check it out!

Recipe:

½ C Lily's Chocolate Chips
8oz Cream Cheese
8 T Butter (1 stick)

1 tsp Vanilla
5 T Swerve
2-3 Droppers Liquid Stevia
½ C Peanut Butter

I like to soften my cream cheese and butter slightly to make it easier to combine. Then just mix ALL ingredients, except chocolate.

Fill half of your mold or muffin cup with the creamy peanut butter mixture. Add in a layer of chocolate. Top off with more peanut butter mixture.

Freeze for 2+ hours. I like to let them sit for a few minutes out of the freezer before serving.



The Keto Dad Tips and Tricks:

- You can either make them in muffin tins or fat bomb molds. Mini muffins are a good serving size. Otherwise you might want to cut the large ones in half.
- We use cute paper muffin cups for the holidays - makes it super festive!
- We also make them in our popsicle maker/fat bomb mold.
- We always combine powdered Swerve and liquid Stevia to get the best combo of sweeteners. If you don't want to use both, just use 3 T of Pyure.
- You have two options for the chocolate filling. 1) The Hard but Yummy Way: Melt ½ C chocolate chips and 1 T butter in a double boiler, pour as the center layer. 2) Just sprinkle the Lily's in the middle as they are! We show it with the melted chocolate . . . because it was leftover from a previous recipe. Otherwise I would honestly just put the normal chips in the middle!

Serving size: 1 PB Cup, makes 18 servings

Calories: 93, Fat: 8g, Carbs: 2g, Fiber: 1g, (Net Carbs 1) Protein: 3g

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