



Keto Peanut Butter Almond Bites

This delicious, buttery dessert is amazing right out of the freezer. It's easy and a definite crowd pleaser. The perfect Keto or low carb afternoon snack!

This recipe makes 24 mini muffin sized snacks.

Recipe:

¼ C Butter, softened
¼ C Peanut Butter (or other Nut Butter)
1 ½ C Sliced Almonds
1 tsp Vanilla
1 T Swerve
1 Dropper Liquid Stevia (or another 1 T Swerve)
¼ C Chocolate Chips (we use Lily's)



Melt the butter and nut butter together.

Add in vanilla and sweetener.

Stir in almonds.

*You can stir in the chocolate chips, drop them on top, or melt and drizzle them! We've tried them in each way!

Divide among mini muffin tin, makes 24. We used paper liners.

Freeze 2+ hrs! Store in freezer.

The Keto Dad Tips and Tricks:

- This can be made as a bark or in the individual cups. You can also use silicone cups!
- We used peanut butter for this recipe, but you can use Almond or Cashew Butter instead!
- Melting the butter and peanut butter together makes it a lot easier to combine everything!

Serves: Makes 24 mini muffins, serving size: 2

Calories: 161, Fat: 14g, Carbs: 6g, Fiber: 3g, (Net Carbs 3) Protein: 5g

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