

Gluten & Dairy-Free Peanut Butter Cups~ Kate from Frugal Living NW

Adapted from Oh She Glows

Makes 12 cups

INGREDIENTS

3/4 cup almond flour/meal (Grind almonds in a food processor or high-powered blender if you can't find flour or meal in the store)

3 T coconut flour or oat flour (if using oat flour increase to 1/4 cup)

2 T peanut, almond, or sun butter

2 T coconut oil, melted

2 T pure maple syrup

1/4 t pure vanilla extract

1/4 tsp salt

CHOCOLATE TOPPING INGREDIENTS

3 T coconut oil, melted

3 T pure maple syrup

2 T cocoa powder

pinch of salt

You can also make the topping using 1 cup chocolate chips combined with 2 T coconut oil (you can find dairy-free chocolate chips in the organic/natural section of your grocery store).

DIRECTIONS

Combine almond flour, coconut flour, peanut butter, coconut oil, maple syrup, vanilla extra and salt in medium bowl until combined. I use my Kitchen Aid with paddle attachment. Line a muffin pan with muffin cup liners. Using a cookie scoop (2 tsp size) fill muffin tin cups with base and press evenly into cup. Place in fridge to set while making chocolate topping.

For the chocolate topping, combine melted coconut oil, maple syrup and cocoa powder in small bowl. Whisk until there are no longer lumps. If it seems thick, microwave for ten seconds and whisk again making sure the coconut oil is completely incorporated. Pour over each peanut butter cup and refrigerate until set. Store in the refrigerator in an airtight container.

*If I'm using coconut flour I aim to pay less than \$5/lb. Coconut flour lasts for a long time and can be used in pancakes, waffles, baked goods and more.

A Silicone Muffin Pan works great if you don't plan on using liners.