



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Peanut Butter Cups

4g NET Carbs (Low Carb Keto)

Absolutely delicious Peanut Butter Cups. You can use fat bomb Mould, paper cookie cups or a 7x7 glass dish. If using a glass dish place all of the peanut butter filling on the bottom layer and coat the top with melted butter. Enjoy!

(Watch my YouTube video for a visual of this recipe)



NUTRITION

Yields 8 servings

Per Serving Calories: 246kcal | Carbohydrates: 7g | Protein: 7g |

Fat: 23g | Fiber: 3g | Sugar: 1g

INGREDIENTS

For the Cups

3/4 cup (84 g) [Almond Flour](#)

2 oz (56.7 g) [Butter](#)

1/4 cup (45.5 g) [Swerve](#) , Icing sugar or regular monkfruit sweetener

1/2 cup (129 g) [Creamy Peanut Butter](#)

1 tsp [Vanilla extract](#)

For the Topping

1/2 cup (90 g) [Sugar-Free Lily's Chocolate Chips](#)

Instructions:

1. Mix all Cup ingredients together in a bowl
2. Added some melted chocolate to the bottom of cups, let set.
3. Mould Peanut filling and add to top of chocolate leaving enough room along the sides for additional chocolate.
4. Add melted Chocolate over the peanut filling allowing it to fill the sides and top of the peanut filling.
5. Refrigerate for serval hours before serving. Keep refrigerated or in freezer. Enjoy!