

Ashley's Meal Prep Monday!

Peanut Butter Cups

INGREDIENTS

1 cup peanut butter
1/3 cup honey
1/2 cup melted coconut oil
1 cup chocolate chips

*Careful with the ice molds or you'll end up with some NSFW treats



In a medium bowl, stir together peanut butter, honey and melted coconut oil until combined. You can either line a loaf pan with parchment paper or you can use a festive mold for the holidays. You can even get wild like I apparently did and use an ice ball mold and get ready for someone's bachelor/bachelorette party.

Pour the peanut butter mixture into the pan or the molds and place in the freezer for at least 30 minutes until solid. Put the chocolate chips in a small pan on low heat for 3-4 minutes, stirring often.

Once solid, use a cookie cutter to make shapes or pop out from the molds. Dip the peanut butter pieces into the chocolate, tapping off the excess. Repeat with all of the pieces. Place on a parchment paper lined tray and put back into the freezer until chocolate it hardened. Store in the fridge or freezer, keep in mind they'll lose the hard consistency if it gets too warm.

Recipe: wholefoodfor7.com

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