



# CAROB

## PEANUT BUTTER CUPS

A COOL TWIST ON AN OLD CLASSIC,  
TASTY ENOUGH FOR A HUMAN

### INGREDIENTS

- 1 cup carob powder
- 1 cup coconut oil
- All-natural, sugar-free peanut butter
- candy or muffin cup liners

### DIRECTIONS

1. Melt coconut oil over low heat in medium saucepan. Stir in carob powder, then remove from heat.
2. Place candy liners evenly on a tray. Fill each cup halfway with carob mixture.
3. Place tray into freezer for 5 minutes. Once carob mixture is firm, top each treat with one teaspoon of peanut butter..
4. Fill cups with remainder of warm carob mixture until you can no longer see the peanut butter. Return to freezer until solid. They will remain solid at room temperature.

*Bone Appetit!*