



high protein peanut butter cups

Description

ingredients

Chocolate

1 cup semi sweet chocolate chips

1 tbsp coconut oil

1.5 scoops chocolate protein powder

Peanut butter

3 tbsp all natural peanut butter

2 scoops vanilla protein powder

instruction

Melt the chocolate chips & oil in the microwave and stir in the protein powder. Put a small layer on the bottom of each muffin liner and freeze for 5 minutes. While freezing, mix protein powder into peanut butter and divide into 12 even balls (approx 9g each). Put a peanut butter ball in the middle of each cup and pour the remaining chocolate on top. Refreeze until sets. Enjoy!

Category

1. High Protein Recipes

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