



Peanut Butter and Jelly Cups

10'

Hands on

10-12

Portion(s)

1

Difficulty



Ingredients

- 250 g dark chocolate couverture, finely chopped
- 130 g [peanut butter](#)
- 10-12 tsp honey or [strawberry jam](#)

Διατροφικός πίνακας

Nutrition information per portion

199 Calories (kcal)	14.0 Total Fat (g)	6.1 Saturated Fat (g)	12.0 Total Carbs (g)
10%	20%	31%	5%
12.0 Sugars (g)	4.7 Protein (g)	3.1 Fibre (g)	0.13 Sodium (g)
13%	9%	12%	2%

Method

- Put the chocolate in a small ovenproof dish or bowl. Place over a [pot](#) with boiling water. Stir until the chocolate melts.
- Set aside so that the chocolate cools a bit. It should be warm. If it is too hot, the cups will crack or break apart.
- Place disposable cupcake liners in a 12 cavity [cupcake pan](#) (12 or less).
- Add 2 teaspoons full of the melted chocolate to each cupcake liner. Fold the liner in half. When you open it back up (unfold it), a thin layer of chocolate will have spread all over the inside of the liner. Add a little more chocolate to the bottom part of the liner (as shown in pictures).
- Put pan in freezer for 5 minutes.
- Fill each cup with 2 heaping teaspoons of [peanut butter](#). Top with 1 teaspoonful of [strawberry jam](#) or honey.
- Cover with the remaining chocolate, in this way “sealing” the cups.
- Use a spatula to smooth the top of each cup.
- Put the pan in freezer for 30-45 minutes.
- Remove cups from liners and serve.
- They can be stored in the refrigerator for up to 1 week and in the freezer for up to 1 month.

Tip

You can eat 2 and even 3 of these without feeling over-sweetened!
Make them with your favorite jam or jelly!!!