



Chocolate Caramel Cups

20'

Hands on

2 hours'

Hands off

12

Portion(s)

2

Difficulty



Ingredients

- 250 g semi-sweet chocolate couverture, finely chopped
- 100 g salted peanuts or your choice of nuts
- 100 g graham crackers or any type of digestive cookie
- 1 can condensed milk, made into [dulce de leche](#)
- 15 cupcake liners
- extra peanuts or nuts

Διατροφικός πίνακας

Nutrition information per portion

310 Calories (kcal)	16.0 Total Fat (g)	6.8 Saturated Fat (g)	35.0 Total Carbs (g)
16%	23%	34%	13%
31.0 Sugars (g)	6.3 Protein (g)	1.5 Fibre (g)	0.24 Sodium (g)
34%	13%	6%	4%

Method

- Melt the chocolate in a bain marie or in the microwave.
- Get 12 cupcake liners or a muffin pan.
- Drop a spoonful of melted chocolate into each cupcake liner.
- Press both edges of the liners with a spoon or a pastry brush to spread the chocolate all around the sides and bottom of the cupcake liners.
- Place the liners in the metallic cupcake pan cavities. Use the spoon to spread and mold the liners to fit the pan cavities.
- Put in freezer until the chocolate freezes and hardens.
- Pulse the graham crackers along with the peanuts in a food processor, until they break down but not completely.
- Add this mixture to the [dulce de leche](#) (caramelized condensed milk).
- Add spoonfuls of the mixture to the frozen chocolate cups.
- Smooth the top with a spoon.
- Cover the filling with the remaining chocolate.
- Can be stored in the refrigerator for up to 1 week.
- If you keep them in the refrigerator the chocolate won't discolor and turn cloudy but will keep its luster.
- It's also important to chill the peanut butter cups properly. This way you can remove them easier from their liners.
- A note for the [dulce de leche](#). It is made by boiling a can of condensed milk for 3 hours and making sure it is continuously submerged in the water while it is boiling. You can also make it in a pressure cooker for 1 hour.

Tip

You can make these delicious cups with milk chocolate or even white chocolate... They can be stored in the freezer for up to 1 month!