

KETO KITCHEN

PEANUT BUTTER COOKIE CUP

Ratio: 1.7:1, 24 servings / 7.5 g per cup/serving
Per cup: 36.4 Kcal, 3.2 grams fat, 1.2 grams protein,
0.73 grams net CHO

BASE: 24 EA

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| Almond flour | 100 g |
| Monk fruit, pure | 0.3 g |
| Coconut flour | 5 g |
| Coconut oil | 31 g |
| Salt | 0.5 g |
| Vanilla extract | 3.5 g |
| Egg whites | 40 g |

DIRECTIONS:

1. Preheat oven to 350
2. Measure all ingredients; combine dry ingredients in a small bowl
3. Microwave coconut oil in microwave-safe bowl (approximately 30 seconds)
4. Combine coconut oil, vanilla, and egg whites; whisk in dry ingredients (will be slightly sticky)
5. Weigh 7.5 g per cup and gently press into silicone mini muffin pan
6. Bake for 15-20 minutes until lightly golden brown and fragrant; let cool

FILLING

Ratio: 2.4:1, 24 servings / 4.5 g per cup/serving
Per cup: 30 Kcal, 2.8 grams fat, 0.84 grams protein,
0.32 grams net CHO

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| Peanut butter, Teddie's | 50 g |
| Liquid stevia | 0.5 g |
| Salt | 0.5 g |
| Vanilla extract | 5 g |
| Sunbutter, pure | 31 g |
| Coconut oil | 25 g |

DIRECTIONS:

1. Measure all ingredients
2. Microwave coconut oil in microwave-safe container
3. In medium/small bowl combine all ingredients until well blended
4. Can be stored in fridge until use (let reach room temperature before using)



CHOCOLATE TOPPING

Ratio: 4.4:1, 24 servings / 3.5 g per cup/serving
Per cup: 18.3 Kcal, 1.84 grams fat,
0.2 grams protein, 0.2 grams net CHO

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|--------------------|------|
| ChocZero Milk Choc | 70 g |
| Coconut oil | 20 g |

DIRECTIONS:

1. Measure ingredients into microwave-safe bowl/container
2. Microwave in increments for 20 seconds, removing and stirring each time, until completely melted
3. Set aside (will need to be liquid for preparing cups but doesn't have to be hot)

BUILDING DIRECTIONS:

1. Leave pre-measured and cooled almond base in mold
2. Peanut butter mixture will be thick; measure 4.5 g on scale then place onto base; repeat for all cups
3. Place container of melted chocolate onto scale; tare scale
4. Remove 3.5 g of the chocolate (scale will read -3.5 g) and spoon onto single cup; zero out scale again and repeat until finished, making sure to completely add all chocolate on spoon onto cup (use spatula if needed)
5. Freeze cups until solid – can be kept in freezer (wrapped) or keep in fridge for up to 1 week