



PEANUT BUTTER PROTEIN CUPS

Protein-Packed / Keto-Friendly

Recipe by Deedee (@healthyeatswithdeedee) and featured on MariGoldBars.com

“These are so yummy & require only a few ingredients!! I like to make them and keep some in the freezer to grab when I have a sweet tooth. Plus that extra kick of protein and no extra sugar, you gotta make these!!”

- Deedee

INGREDIENTS:

- Chocolate chips (@choczero)

Peanut Butter Filling:

- 1/2 C peanut butter
- 1 Scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 2 TBSP sugar free maple syrup

DIRECTIONS

1. First grab your favorite chocolate (I used @choczero chips) and microwave until it melts. I like to add a tiny bit of coconut oil to mine to help it melt nicely and be smooth.
2. Either use a silicone mold or paper cupcake liners and add a small amount of chocolate to the bottom. Make sure your chocolate is covering the bottom. Place in the fridge or freezer while you make your peanut butter filling.
3. Mix ingredients for the peanut butter filling and stir until smooth. Roll into balls and flatten slightly.
4. Put each peanut butter round into your chocolate cups. Melt more chocolate and pour over the tops. Put in fridge or freezer again until hardened, then enjoy!
5. I like to keep mine stored in a container in the fridge or freezer, keeps them fresh and you always have a sweet treat on hand!



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldBars.com)

