

# 100-Calorie Peanut Butter Cups

## Ingredients

Preparation time: 25 minutes

Servings: 14

Cost: \$

### Peanut Butter Bottom (PB):

½ cup almond meal (or finely ground almonds)  
 ½ cup oats, ground finely  
 2 Tbsp. Smucker's® Creamy Natural Peanut Butter  
 1.5 Tbsp. coconut oil  
 1 Tbsp. agave nectar  
 ¼ tsp cinnamon  
 ¼ tsp vanilla (or 1.5 vanilla beans)  
 Pinch of salt

### Chocolate Topping:

1 scoop protein powder  
 2 Tbsp. coconut oil  
 2 Tbsp. agave nectar  
 4 Tbsp. HERSHEY's cocoa  
 Pinch of salt

*Recipe adapted from 24carrotlife.com*

## Directions

1. Place oats in a food processor or blender for 1 minute or until finely ground. Add the almond meal, cinnamon, and salt.
2. Mix the coconut oil, peanut butter, and agave together, then add to the dry ingredients and pulse on high for 1 minute, or until it starts to form a ball.
3. Combine all chocolate topping ingredients, and stir carefully! Add about 2 tablespoons of water to the mixture and stir until completely combined and it looks shiny, not grainy. The topping should be very thick and not easy to mix.
4. In an ungreased mini muffin tin, put 1 tablespoon of the peanut butter mixture into each spot. Press down very firmly. Distribute the chocolate topping evenly, 2 teaspoons for each. Place in a freezer for about 30 minutes, then use a knife to carefully remove the cups. Store in the fridge to keep them firm.



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

### 100-Calorie Peanut Butter Cups

Amount	1 Peanut Butter Cup
Calories	100
Fat (g)	7
Sat. Fat (g)	3.5
Carb. (g)	8
Fiber (g)	1
Protein (g)	4
Dairy free.	

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## Cooking Tip

These will travel well in a plastic container. Feel free to substitute any type of nut butter or protein powder. For an extra crunch, top with coconut flakes or chopped nuts. Have two with a glass of low fat or skim milk for a sweet and protein-rich recovery snack!

## Performance Facts

Cocoa powder has powerful flavonoid antioxidants that have anti-viral, anti-allergic, and anti-inflammatory properties. It's also rich in the micronutrients zinc, iron, and magnesium, all of which can be low in some athletes. Oats provide complex carbohydrates and B vitamins that promote stable blood sugar, sustained energy and fullness.