



**USOC**  
SPORTS NUTRITION

*Weekly Recipe:*

## 100-Calorie Peanut Butter Cups

Craving a little bit of something sweet at the end of a long, hard training day? This week's recipe will allow you to satisfy your sweet tooth guiltlessly while providing nutrients that are essential for growth and recovery. Our 100-calorie peanut butter cup recipe is sure to become a favorite, since it's both easy to prepare and tasty. Although the ingredients are slightly more expensive than some of our other recipes, purchasing them will allow you to make dozens of batches for months to come. They're a great alternative to a store bought peanut butter cup due to their functional ingredients, lower carbohydrate content, and portion-controlled size. Enjoy with a tall glass of skim milk!

### Ingredients:

*Makes 14 servings*

#### For the Peanut Butter Bottom:

- ½ cup almond meal (or finely ground almonds)
- ½ cup oats, ground finely
- 2 Tbsp. 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

#### For the Chocolate Topping:

- 1 scoop protein powder
- 2 Tbsp. coconut oil
- 2 Tbsp. agave nectar
- 4 Tbsp. unsweetened cocoa powder
- Pinch of salt

**Optional:** substitute any nut butter or protein powder. Top with coconut flakes or chopped nuts.

### Directions:

Place the oats in a food processor or blender for about 1 minute, until finely ground. Add the almond meal, cinnamon, and salt. In a separate bowl, combine all wet ingredients. Once mixed, add the wet ingredients into the dry ingredients and pulse on high for about 1 minute, until everything is well combined.

Combine all chocolate topping ingredients. Stir carefully to avoid spilling any cocoa powder. Add about 2 tablespoons of water to the mixture and stir until it is completely combined and looks shiny, not grainy. The topping should be very thick and not easy to mix.

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, about 2 teaspoons for each. Place in a freezer for about 30 minutes, then use a knife to carefully remove the cups.

TIP: Store in the fridge to keep firm. They travel well if kept in a plastic container.  
Recipe adapted from 24carrotlife.com

### Nutrition Facts

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.

#### For Sport Nutrition Questions, contact:

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Cocoa powder contains powerful flavonoid antioxidants that have anti-viral, anti-allergic, anti-inflammatory, and anti-tumor properties. It is also very rich in the micronutrients zinc, iron, and magnesium, all of which have been shown to be low in some athletes. These micronutrients play important roles in maintaining immunity, delivering energy and oxygen to working tissues, and managing exercise-related oxidative stress. Agave is an excellent alternative to sugar or honey due to its low glycemic index (GI). Low GI foods supply glucose to the bloodstream slower than high GI foods. This allows for slower rates of digestion and absorption, which keeps energy levels and blood sugar more consistent. Oats provide a source of complex carbohydrates and B vitamins to allow for sustained energy and fullness, and are also a low GI food. The medium chain triglycerides in coconut oil are easily taken up into muscle, which makes it great for recovery from a strenuous lifting session. Almond meal contains vitamin E, a healthy mono-unsaturated fat, adds flavor, and has been shown to potentially raise HDL (good cholesterol) levels.



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