



No Bake Peanut Butter Oat Cups

Description

A creamy peanut butter oat layer topped with melted chocolate to make a tasty peanut butter chocolate treat that your whole family will love.

Prep Time: 10 minutes

Servings: 12

Ingredients

- 1.5 cups peanut butter
- 1.5 cups oat flour (Rolled oats processed finely in a food processor)
- 1/4 cup maple syrup
- 1 cup chocolate chips
- 1 tsp coconut oil (optional)

Instructions

- Add your peanut butter and maple syrup to a medium sized microwave-safe bowl and microwave for 40-60 seconds. Stir thoroughly until peanut butter and maple syrup is completely combined.
- Next, slowly add the oat flour to the bowl and mix well (it should take some effort to mix!). You can also transfer to a standing mixer to do the work for you. The mixture should be very thick, but easily moldable. If the mixture looks way too dry and crumbly, add more maple syrup or PB (about a teaspoon extra at a time). You can also add 1/4-1/3 cup of pumpkin puree for a much moister cup.
- Prepare a muffin pan by lining with cupcake liners. Or, use a silicone muffin pan as shown here for the easiest method. *Note: These will be difficult to remove from your muffin pan without liners.* You can also make them in a mini muffin silicone pan or mini muffin tin with paper liners.

- Scoop the peanut butter oat mixture evenly into the muffin pan and press down with your fingers.
- In a microwave-safe small bowl, add chocolate chips and coconut oil. Heat in 30 second increments until chocolate is completely melted and smooth. Stir with a spoon in between microwave sessions.
- Pour a layer of chocolate into each muffin hole and smooth the top with the back of a spoon. *Optional: Sprinkle flaky salt, sprinkles, or mini chocolate chips on top of the chocolate layer before the chocolate hardens.*
- Refrigerate for 2-3 hours to let set completely. Carefully remove them from the muffin pan, liner, or silicone pan. Store in an airtight container for up to 5 days for best freshness. Since they're not baked and use fresh ingredients like maple syrup, store them in the refrigerator over room temperature.

Notes

Disclaimer: According to most experts, raw oats are safe to eat unlike wheat flour because they are steamed before they're cut, rolled and flaked. With that being said, be mindful of consuming raw ingredients if you are at increased risk for food borne illness or you have a sensitive stomach.

Category

1. High Protein Recipes

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