

# Healthy Peanut Butter Cups

Makes 9

[Modified form The Dashing Dish](#)

## Chocolate Layer

- 1/4 cup light soy milk (or any type of milk)
- 1/4 cup 0% fat Greek yogurt
- 1/4 cup Cocoa powder (unsweetened)
- 1 scoop Chocolate Protein powder (I used 31g Quest)
- Pinch of Salt
- 2 Tablespoons Sugar (or whatever sugar substitute you prefer, be sure to modify the amount)

## Peanut Butter Layer

- 1/2 cup Peanut Butter Powder (like PB2 or PBFit)
- 1/2 cup Water (approximately, add a 1/4 cup first then a little bit more at a time until desired consistency is reached))
- Pinch of Salt
- 2 Tablespoon Sugar

## Instructions

1. Put muffin cups in muffin pan and spray with PAM.
2. Mix up each layer in a separate bowl.
3. Scoop about a 1/2 tablespoon or so on the bottom of each, then smooth it out a bit with the back of a spoon sprayed with PAM.
4. Scoop the PB layer on top of each, about a tablespoon or so, then smooth it out a bit with the back of a spoon sprayed with PAM.
5. Scoop the rest of the chocolate layer on top, about 1/2 tablespoon or so, then smooth it out a bit with the back of a spoon sprayed with PAM.
6. Put in the freezer. Leave in for at least 1-2 hours before eating.
7. They stayed stored in the freezer. Let sit on the counter for about 5 minutes before eating.

## Nutrition (1 PB Cup)

Calories 66

Fat 1g

Protein 6g

Carbohydrate 9g

Fiber 2g

Sugar 6.5g

Cholesterol 2mg

Iron 1.5%

Sodium 108mg

Calcium 6%

Potassium 29mg