**“Peanut” Butter Cups**

This recipe provides a healthy, Paleo-friendly alternative to peanut butter cups (such as Reese’s). These are made with dark chocolate and sunflower seed butter instead. Peanuts are a

legume, and therefore not Paleo, so peanut butter should be avoided. But these treats turn out delicious and are made with whole, real ingredients.

**ingredients**

8 oz. dark chocolate

3/4 cup sunflower seed butter

1/3 cup coconut oil, melted

3 tbsp honey

1 tsp salt

1/2 tsp vanilla extract

**directions**

1. Lay out 15 mini cupcake liners on a baking sheet. Melt the chocolate and one tablespoon of coconut oil in a bowl in the microwave. Stir to combine. Pour a spoonful into each cupcake liner, reserving 2-3 tablespoons of the mixture to use later. Add more liners if necessary. Use the spoon to coat the sides of the liners with the chocolate as well. Place in the freezer for 30 minutes to harden.

2. To make the filling, place the sunflower seed butter, remaining coconut oil,

honey, salt and vanilla into a food processor and blend to combine.

3. Once the bottom layer of chocolate has hardened, place a small dollop of the nut butter filling into the center of each piece. Place back into the freezer for another 30 minutes.

4. Once the middle layer has hardened, spoon the remaining melted chocolate over each piece. If the chocolate has hardened, simply microwave it again for 30 seconds. Place the chocolate pieces in the freezer for 20 minutes to harden. Let them rest at room temperature for 5 minutes before trying to remove the paper liners. Store in the refrigerator and serve cold.