

Foodnity Recipes

Healthy Strawberry Peanut Butter Cups

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Fruit Layer

- [ ] 1 cup fresh strawberries, hulled
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp honey or maple syrup
- [ ] 1/2 tsp vanilla extract

Peanut Butter Layer

- [ ] 1/2 cup natural peanut butter
- [ ] 1 tbsp honey or maple syrup
- [ ] Pinch of sea salt

Optional Topping

- [ ] 2 tbsp dark chocolate, melted

Instructions

1. Wash the strawberries, remove the stems, and blend them with lemon juice, honey, and vanilla until smooth.
2. In a small bowl, stir the peanut butter with honey and a pinch of sea salt until creamy.
3. Place silicone molds on a tray. Spoon a thin layer of peanut butter into each cavity, smoothing the top.
4. Pour the strawberry puree over the peanut butter layer, filling each cup just below the rim.
5. If using, drizzle melted dark chocolate over the tops and let it set.
6. Refrigerate the cups for at least 1 hour until firm, then serve chilled.

Nutrition per serving

120 kcal	4 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use ripe strawberries for maximum sweetness and color.
- If the peanut butter is too thick, warm it gently for 10 seconds in the microwave.
- A tiny splash of orange zest can add a refreshing twist.