

rorie's chocolate sunbutter cups

When I was a kid, peanut butter cups always won as my favorite chocolate treat, hands down. This absolutely outrageous version is dairy- and refined sugar-free, with no additives — just simple, healthy ingredients. Swapping the peanut butter for sunflower butter gives you that bold, salty, nutty feel while still being safe to send to any nut-free environment. I usually double the recipe because they vanish so fast.

Pareve

Yields 12 servings

½ cup unsweetened sunflower or nut butter of choice
2 Tbsp unrefined coconut oil, divided
1-2 Tbsp pure maple syrup or honey
½ tsp pure vanilla extract
¼ tsp sea salt (omit if nut butter is salted)
2 cups dark chocolate chips (50-80% for lower sugar preference)
Himalayan pink sea salt, for sprinkling

1. Line 12 muffin cups with paper liners or use silicone muffin cups.
2. In a pot or over a double boiler on low heat, melt the chocolate chips with 1 tablespoon coconut oil. Spoon about ½ tablespoon mixture into each prepared muffin cups. Using a kitchen food brush, dip the brush into each cup and “paint” the sides of the cup with mixture. Place cups into the freezer for 10 minutes to harden.
3. Meanwhile, in a small blender cup, process sunflower butter, remaining 1 tablespoon coconut oil, maple syrup, vanilla, and salt, blending until combined. Alternatively, place ingredients into a bowl and mix well by hand.
4. Drop ½ tablespoon sunflower butter mixture into the center of each cup. Spread and flatten lightly with a spoon. Cover evenly with additional chocolate mixture. Top with a sprinkle of pink salt. Chill in the freezer for 1–2 hours, until firm.

>> You might have some leftover chocolate mixture, so feel free to add a little more to the tops to thicken them — you can never have enough chocolate! — or to cover the edges if any nut butter is peeking out.

1. Store in a covered container in the fridge or freezer.

Note

>> For a milder option, double the ingredients except chocolate chips. You will find that after painting the chocolate cups, you will still have adequate chocolate to drizzle over the sunflower butter mixture for a sweet-tooth-satisfying, lower-sugar treat.