



Lakeland Natural Health

## Easy Chocolate Almond Butter Cups

\*Use Organic Ingredients when possible

### **Ingredients:**

- 1 Cup smooth almond butter (can use any nut butter or peanut butter)
- ½ Cup unsweetened shredded coconut
- 1 Tbsp coconut oil
- 1 Tbsp honey
- Pinch of salt
- 1 Cup Lily's dark chocolate chips, melted (in a double broiler)

### **Instructions:**

1. Place almond butter (or other butter or peanut butter), coconut, coconut oil, honey and salt in food processor and puree until smooth and well combined.
2. Add spoonful of the mixture into 8-10 mini muffin tins then pour melted chocolate on top of each spoonful. (No you don't need to grease the tins.)
3. Place in freezer for 30+ mins until set.
4. Use a sharp knife to pop out each almond buttercup. Store in freezer and remove 5 mins before eating to help soften the chocolate.