

Peanut Butter Hearts

4 ingredients · 30 minutes · 12 servings



Directions

1. Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
2. Add the chocolate and coconut oil to the bowl. Continuously stir until the chocolate has melted.
3. Pour a thin layer of melted chocolate into each mini heart silicone tray(s) mold. Gently shake the tray to even out the chocolate, if needed. Freeze for five minutes.
4. Remove from the freezer and divide the peanut butter into each heart. Shake again to even out the peanut butter. Add the remaining chocolate to each heart and shake one more time to even out. Sprinkle each with flaky salt.
5. Freeze for 15 minutes. Pop out of the molds and add more salt if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is two mini hearts.

No Peanut Butter

Use other nut butter of choice.

Dairy-Free

Use dairy-free chocolate chips.

Ingredients

1 cup Dark Chocolate Chips

2 tsps Coconut Oil

1/4 cup All Natural Peanut Butter (creamy)

1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving

Calories	159	Vitamin A	0IU
Fat	10g	Vitamin C	0mg
Carbs	12g	Calcium	3mg
Fiber	0g	Iron	1mg
Sugar	10g	Vitamin D	0IU
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	9mg
Sodium	50mg	Zinc	0mg
Potassium	30mg	Selenium	0µg