

Coconut Almond Cups

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1/4 cup Almond Butter (not runny)
2 tbsps Coconut Oil (melted, divided)
1 1/2 tsps Vanilla Extract
1 1/2 tsps Cinnamon
1/16 tsp Sea Salt
1/4 cup Coconut Butter

NUTRITION

AMOUNT PER SERVING

Calories	179	Carbs	5g
Fat	17g	Protein	3g

DIRECTIONS

- 01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 02 In a mixing bowl, stir the almond butter with half of the melted coconut oil together until smooth. Stir in the vanilla, cinnamon and salt. The mixture will stiffen.
- 03 In a second small mixing bowl, combine the remaining melted coconut oil and coconut butter together and stir until runny.
- 04 Fold the coconut butter mixture into the almond butter mixture until just combined.
- 05 Divide into the prepared baking cups. Freeze for at least one hour or until solid. Enjoy!