

Healthy Chocolate Caramel Cups

Course: **Snacks**

Servings
8 servings

Prep time
15 minutes

Cooking time
5 minutes

Total time
20 minutes

Ingredients

For the Caramel Filling:

150 g (about 1 cup) Medjool dates, soaked in hot water for 10 minutes and drained

80 g (about ⅓ cup) peanut butter

80 ml (about ⅓ cup) oat or soy milk, plus more if needed

60 ml (about ¼ cup) maple syrup (or liquid sweetener of choice)

1 tsp vanilla extract

For the Chocolate Coating:

160 g (about 1 cup) dark chocolate (70% or higher)

1 tbsp coconut oil

Directions

Make the Caramel Filling

- 1 Add the **soaked and drained Medjool dates**, **peanut butter**, **oat milk**, **maple syrup**, and **vanilla extract** to a food processor.
- 2 Process until smooth, scraping down the sides as needed. If the mixture is too thick, add more oat milk, **1 tbsp at a time**, until a smooth, spreadable consistency is achieved.

Melt the Chocolate

- 3 Combine the **dark chocolate** and **coconut oil** in a microwave-safe bowl.
- 4 Microwave in **20-second intervals**, stirring between each, until fully melted and smooth. Alternatively, melt the chocolate using a double boiler.

Assemble the Cups

- 5 Place the tray in the freezer for **5 minutes**, allowing the chocolate to set slightly.
- 6 Line a mini muffin tray with silicone or paper liners. Pour about **2 teaspoons** of melted chocolate into the bottom of each cup.
- 7 Spoon **1–2 teaspoons** of the caramel mixture on top of the chocolate layer.
- 8 Cover with the remaining melted chocolate, making sure the caramel is fully enclosed.
- 9 Place the tray back into the freezer for **20 minutes**, or until the chocolate is completely set.

Serve & Enjoy!

10 Once set, remove the cups from the tray and store in an airtight container in the fridge or freezer.

11 Enjoy whenever you need a quick and satisfying sweet treat!