

Keto Chocolate Peanut Butter Pops

★★★★★ [_5 from 4 reviews](#)

These Keto Chocolate Peanut Butter Pops are filled with rich and creamy peanut butter and then coated in decadent low carb chocolate. With only 6 ingredients, and less than 30 minutes to make, you will be enjoying a delicious [keto dessert](#) in no time.

Author: [Kyndra Holley](#)

Cook Time: 5 minutes

Yield: 15 Chocolate Peanut Butter Pops

Cuisine: American

Prep Time: 15 minutes

Total Time: 20 minutes

Category: Desserts

Diet: Gluten Free



INGREDIENTS

SCALE

- 3/4 cup peanut butter
- 4 tablespoons butter, softened
- 2 teaspoons pure vanilla extract ([get it here](#))
- 1 1/2 cups powdered sweetener ([I used this brand](#))
- 1 1/2 cups sugar free milk chocolate chips ([I use this brand](#))
- 2 tablespoons coconut oil or [butter flavored coconut oil](#), optional
- 1/3 cup crushed dry roasted, salted peanuts

INSTRUCTIONS

1. To a mixing bowl, add the peanut butter, butter, vanilla, and sweetener. Mix until all ingredients are well combined. Transfer to the freezer until mixture is firm enough to form into balls.
2. While the peanut butter mixture is freezing, melt the chocolate and the coconut oil (if using) in a double boiler. Once the chocolate is smooth and silky, remove from heat.
3. Remove the peanut butter mixture from the freezer. Form into 15 equal sized balls, about 1 inch. If they soften too much while you roll them, put them back into the freezer to harden before coating them in chocolate.
4. Swirl each peanut butter ball in the melted chocolate until it is evenly coated all over. Place them on a lined baking sheet and sprinkle each one with crushed peanuts.

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NOTES

- If you are having trouble forming the peanut butter mixture into balls, even after freezing, you can add a little bit of coconut flour to the mixture for more structure.
- If you don't have cake pop sticks, simply use a fork or a chop stick to swirl the peanut butter balls in the chocolate.

net carbs per serving: 3.8g

NUTRITION

Serving Size: 1 Chocolate Peanut Butter Pop
Carbohydrates: 8.8g

Calories: 186
Fiber: 5.1g

Fat: 15.1g
Protein: 5g

Keywords: keto chocolate peanut butter balls, low carb buckeyes, keto desserts, low carb dessert recipes, chocolate peanut butter pops

DID YOU MAKE THIS RECIPE?

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Find it online: <https://peaceloveandlowcarb.com/keto-chocolate-peanut-butter-pops/>