



# Low-Fat PB2 Chocolate Protein Cups

MAKES 12 SERVINGS

## INGREDIENTS

- 1/2 cup chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1/3 cup water (adjust for consistency)
- 1/3 cup PB2 (powdered peanut butter)
- 2-3 tbsp water (to mix PB2)
- 1 tsp vanilla extract
- 1/8 tsp salt
- 1/4-1/2 tsp monk fruit or stevia (to taste)

## DIRECTIONS

- Line a mini muffin tin with paper liners.
- Mix PB2 with 2-3 tbsp water until smooth and creamy; set aside.
- In another bowl, combine protein powder, cocoa powder, water, vanilla, salt, and sweetener. Stir until smooth and thick.
- Spoon half the chocolate mixture into liners.
- Add a small dollop of PB2 filling, then cover with the remaining chocolate.
- Freeze 20-30 minutes until firm. Store in the fridge.

**CALORIES**  
**70-80**  
kcal

**PROTEIN**  
**7-8**  
grams

**CARBS**  
**6-7**  
grams

**FIBER**  
**1-2**  
grams

**FAT**  
**2**  
grams