




Mini Dark Chocolate Tahini Cups

 5 ingredients  30 minutes  16 servings

Directions

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

Notes

- No Tahini** Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.
- No Mini Muffin Tray** Use a regular sized muffin tray to create larger cups.
- Protein Powder** This recipe was developed and tested using a whey-based unflavoured protein powder.
- Serving Size** One serving is equal to one mini cup.

Ingredients

- 200 grams** Dark Organic Chocolate (at least 70% cacao, chopped)
- 2 1/2 tsps** Coconut Oil
- 1 1/3 tbsps** Tahini
- 1 1/3 tbsps** Maple Syrup
- 2 2/3 tbsps** Protein Powder (unflavoured)

93 Calories

Per Serving	% Daily Value
Fat 6g	9%
Carbs 7g	2%
Fiber 1g	4%
Sugar 4g	0%
Protein 2g	4%