

Spooky PB Cups

Makes
12 servings

Prep time
15 minutes

Set time
20 minutes

Ingredients:

- 1 cup dark chocolate chips
- 2 tsp. vegetable shortening, divided
- ½ cup smooth peanut butter
- ¼ cup honey
- O-shaped cereal for decorating

Nutrition Facts

12 servings per container
Serving size 2 mini cups (29g)

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 4mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Line a mini-muffin tin with paper liners and spray with non-stick cooking spray.
2. Mix chocolate chips and 1 tsp. of shortening in a microwave-safe bowl. Melt the chocolate by heating for 30 seconds at a time in the microwave, stirring after each 30-second interval until the chocolate is smooth.
3. Using half of the chocolate mixture, spoon about ½ tsp. of chocolate into the bottom of each liner, making sure to coat the entire bottom. Set aside the other half of the chocolate mixture.
4. In another microwave safe bowl, combine the peanut butter, honey, and the remaining 1 tsp. of shortening. Microwave for 15-20 seconds, or until smooth.
5. Spoon peanut butter mixture evenly into each liner. Place in fridge and let set for about 10 minutes.
6. Spoon remaining chocolate mixture over each PB cup, coating it completely. Cut a mini marshmallow in half and place on top of each cup. These will be spooky eyes. Set in fridge for another 10 minutes.
7. Keep refrigerated until ready to serve. Refrigerate any leftovers.

