PEANUT BUTTER MINI EASTER EGGS

- 10g Coconut oil
- 50g Chocolate – LINDT 90% DARK SUPREME
- 23g Peanut butter smooth – MORRISONS OWN BRAND

You will also need a few drops of vanilla extract and a few drops of liquid sweetener.

Reserve the Lindt chocolate.

Start by placing the peanut butter and coconut oil in a bowl and microwave for approximately 30 seconds until completely melted.

Stir in 2 drops of vanilla extract and the liquid sweetener (you can add a little more or less according to your taste).

Half fill the egg moulds you have decided to use, leave in the freezer for 30 minutes.

Make the chocolate coating by placing the Lindt chocolate in a bowl placed over a pan of hot water, do not let the bowl touch the water and do not let it get too hot.

When it has melted, remove the bowl from the pan and stir gently, at this point you could add a drop of sweetener if desired.

Pop the peanut filling out of the moulds and return to the fridge.

Half fill the moulds with melted chocolate then pop the filling in, gently coat the filling, return to the fridge to set.

When they are completely set you could leave as ½ eggs or sandwich two together using a few spots of any residue melted chocolate.

Decorate with glitter spray or wrap in silver paper.

Mo's tip: These are best kept in the fridge but will be OK at room temperature for a while as long as they don’t get too warm.

I found several peanut butters ranging from 10g up to 13g of carbs / per 100g. I selected the Morrisons one as it fell ½ way and it was the most economical, you can use one of your choice but may need to adjust the values in the recipe.

If preferred, you could use almond butter which would reduce the carbs and increase the fat!

I made 17 mini eggs, each one is: 2.85g fat / 0.6g protein / 0.5g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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