



Simple. healthy. TASTY.

Book 2 ~ Sweets



Tammie Nelson

SimpleHealthyTasty.com

Simple Healthy Tasty:

Book 2 ~ Sweets

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PEANUT BUTTER CUPS

Chocolate Coating:

½ cup coconut oil
½ cup peanut butter or other all natural nut butter (like almond or cashew), (optional)
6 Tablespoons raw carob powder
2/3 cup Sucanat or raw sugar, powdered fine in blender

1 teaspoon liquid soy lecithin (optional)
pinch of sea salt
½ teaspoon vanilla



Peanut Butter Filling:

3 Tablespoons Honey
Or some more powdered raw sugar

1/4 cup Natural Peanut Butter

In a double boiler or on very low heat mix Chocolate coating ingredients until nice and smooth. If you want the peanut butter filling totally enclosed in the coating put a little coating in the bottom of muffin papers in a muffin tin. Then freeze, it will only take a few minutes to set up. While it is setting up mix the peanut butter and honey together. Add to the muffin papers then add more of the chocolate coating on top to cover the filling! As shown below in the picture. Freeze again until set up then enjoy. Be sure to keep cool (like in the fridge when storing) because they will start to melt at 76 degrees!

PEANUT BRITTLE

3 cups dry roasted, unsalted peanuts
2 cups cane juice crystals or Sucanat
3/4 cup agave nectar or honey
1/4 cup water
1/8 teaspoon sea salt

2 Tablespoons coconut oil with a drop of butter flavor
2 teaspoons vanilla extract
2 teaspoons baking soda
candy thermometer
2 oiled baking sheets



In a large saucepan, combine Sucanat, Agave, salt and water. Cook over medium heat, stirring until Sucanat dissolves. Bring to a boil, blend in coconut oil and vanilla. Stir nearly constantly until temperature is at 280 degrees, add peanuts. Stir constantly until 295-300 degrees is reached. Remove from heat and quickly stir in baking soda. Mix well. Pour onto the baking sheets try to spread it out with a spoon as quickly as possible to get to desired thickness. Turn when able to touch! Break cooled, hardened candy up and store in an airtight container or double Ziploc.








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Thank You!