

From Kathryn's Kitchen  
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## Chocolate Nutty Cups

Prep Time: 10 minutes  
Refrigerate: 30 minutes  
Servings: 24 mini cups



### Ingredients:

- 1 cup Arbonne Essentials® Chocolate Protein Shake Mix
- 1 cup finely chopped walnuts
- ¼ cup unsweetened cacao (or natural cocoa) powder
- 1 cup melted organic coconut oil
- ¼ cup maple syrup

### Directions:

Fill mini muffin tin with mini baking cups. Combine all ingredients in mixing bowl and mix on high until smooth. Fill the 24 mini cups with mixture (approximately 1 TBSP each).

Place the muffin tin in the freezer for 30 minutes or until chocolate nutty cups are hardened.

Store any left over chocolate nutty cups in the refrigerator.

*Note: limit ONE mini cup for afternoon snack, as these are NOT low calories (approximately 145 calories per mini cup).*



Enjoy,  
Kathryn

