

CARAMEL CUPS

MAKES 12 SERVES

SOURCE: The Foodie Footballer

🕒 PREP: 15 mins

TOTAL: 1 hr 20 mins



NUTRIENT	PER SERVE
Energy	1062kJ
Protein	6g
Fat	11g
Carbohydrate	36g
Fibre	4g



Ingredients

BASE

- 200 g Oats
- 80 g Maple Syrup
- 130 g Peanut Butter

MIDDLE LAYER

- 200 g Fresh medjool dates (pitted)
- 1 pinch Salt
- 1 splash Water (plus more for consistency)

TOP LAYER

- 120 g Good quality dark chocolate (70% or above)

Method

For the base layer

- Add the oats, peanut butter and maple syrup to a large bowl and stir well until combined. You should have a nice firm mixture.
- Evenly distribute the mixture between 12 muffin holes (I would recommend a silicone muffin tray as these work the best)
- Press down well using the tips of your fingers.
- Place in the freezer for 30 minutes.

For the middle layer

- Whilst the base is in the freezer, add the dates and a pinch of salt to a food processor. Blitz for 30 seconds.
- Add a splash of hot water and blitz again until you have a smooth thick caramel paste. You will need to scrape down the sides with a spatula a few times. (you may need to add a little more water for consistency but make sure the caramel layer stays quite thick).
- Pull the base layer out of the freezer and top with the caramel layer.
- Place back in the freezer for 30 minutes.

For the top layer

- Add the dark chocolate to a microwaveable bowl and melt in the microwave (30 second intervals stirring in between each one until fully melted)
- Spoon over the melted dark chocolate before placing in the fridge for 20 minutes.
- After the 20 minutes, remove the caramel cups from the muffin tray and store in a airtight container for up to 1 week in the fridge... although they won't last long



The Footballers World

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