

Chocolate Nut Butter Brain Food Cups

Category: Dessert

Serves: 18 Bites

Ingredients:

1 cup raw unflavored coconut butter

¼ cup MCT oil

1 scoop chocolate protein powder (I used a vegan protein powder)

1 scoop collagen peptides

¼ cup raw cacao powder

1.5 tsp. Bulletproof Brain Octane Oil

½ cup nut butter (peanut butter, cashew butter, almond butter, brazil nut butter)

1 cup powdered peanut butter

4 drops liquid stevia

⅛ tsp. real salt

Optional:

¼ tsp. Ashwaganda

¼ tsp. Mucuna Pruriens

Method of Preparation:

1. Place 18 cupcake liners in a cupcake pan OR use silicone ice cube tray
2. Melt coconut butter in medium sized bowl, until liquid consistency.
3. Whisk in all remaining ingredients.
4. Place 2 tbsp. of chocolate mixture into cupcake liners or ice cube tray.
5. Place in freezer for a minimum of 30 minutes or overnight.
6. Once frozen, store in the freezer in an airtight container.

***You can add an additional scoop of protein powder in place of the collagen peptides.

***Try to find a raw nut butter that is not roasted in oils, and contains no added sugars

***Brain Octane is strong so, use with caution.

***If you don't have Bulletproof Brain Octane Oil use additional MCT oil

***Stevia brands: Omica Organics or Sweet drops - don't have an aftertaste

Macros:

205 calories | 17g fat | 10g carbohydrates | 6g protein