



Peanut Butter Fingers*

Serving: 1

Veg

Ingredients

- -125 gms Peanut Butter Creamy (Unsweetened)
- -5 tbsp Coconut Oil, melted
- -Few drops vanilla essence (optional)
- -5 gms Chia seeds
- -1 tsp Unsweetened Hershey's Cocoa
- -Stevia according to taste

Preparation Method

- 1. Melt the peanut butter in the microwave, untill it is smooth, about a minute.
- 2. Fill the moulds half with the peanut butter and put in the freezer for 5 to 7 minutes.
- 3. Next sprinkle the chia seeds on the peanut butter and put back in the freezer for another seven minutes.
- 4. In a bowl melt the coconut oil, and add cocoa and add stevia to it.
- 5. After the chocolate fingers are set hard, demould them and store them in an air tight container in the freezer.