



COOKING FOR WELLNESS

CANCER SUPPORT COMMUNITY



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No Bake Peanut Butter Oat Cups

Ingredients

Oat Layer

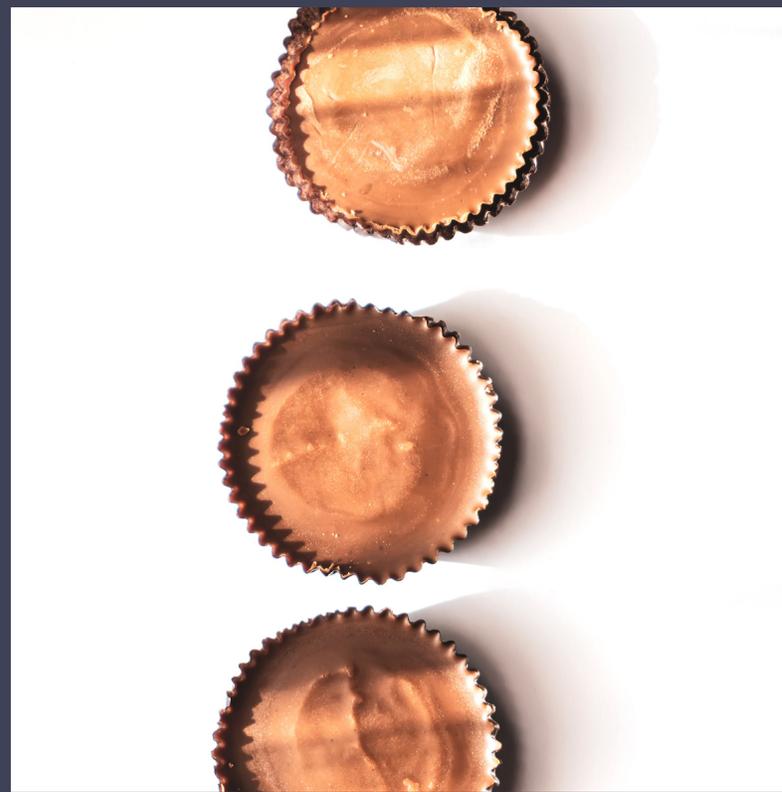
- 2 cups quick-cooking oats
- ½ cup honey
- ⅓ cup all-natural, creamy peanut butter (or other nut butter of choice)
- ⅓ cup chopped peanuts
- Optional: 1-2 teaspoons water

Chocolate Layer

- 6 oz dark chocolate, chopped
- 2 tsp coconut oil

Peanut Butter Layer

- ½ cup creamy peanut butter (natural)
- 1 tsp coconut oil
- ¼ c mini chocolate chips



Nutrition Information: 1 cup (made in 12 cup size muffin pan)

300 calories: 20 g fat, 30 g carb (4 g fiber, 19 g sugar) 7 g protein



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<https://www.cancersupportohio.org/programs-and-services/cooking-and-nutrition/>
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Instructions

- Line a metal muffin pan with paper liners or use a silicon muffin pan (no need to line the silicone pan).
- Start with the oat layer. Add the quick-cooking oats, honey, peanut butter, and peanuts to a bowl and stir together until combined. If it seems dry, add 1 to 2 teaspoons of water. Scoop about 2 tablespoons of the oats into the bottom of each muffin cup and firmly press them into the cup.
- Next, mix the chocolate layer. Transfer the chocolate and coconut oil into a microwave-safe bowl. Heat the chocolate on high for 20-second increments until the chocolate is melted. Be sure to stir the chocolate and coconut oil in between each increment.
- Scoop 1-2 teaspoons of the melted chocolate and add it on top of the oat layer. Swirl the muffin pan in a circle to easily distribute the chocolate over the oats. If there is any melted chocolate left in the bowl evenly distribute the chocolate into each cup. Place the muffin pan in the freezer for 5 minutes.
- Last step is the peanut butter layer. Add the creamy peanut butter and coconut oil into a separate microwave-safe bowl and microwave the mixture for 15 seconds. Stir until well combined. Add 2 teaspoons of the peanut butter mixture to the top of the chocolate layer. Swirl the pan again to even out the peanut butter. Sprinkle mini chocolate chips to the top of each cup.
- Place in freezer for 30-60 minutes until fully set.
- Once set, take them out of the muffin pan and store them in an air tight container and keep in the fridge. Or you can store in a freezer bag and take out desired servings.



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