

Healthy Cupid Cookie Cups

Ingredients:

Oat Layer:

- 2 cups quick-cooking oats
- 1/2 cup honey
- 1/3 cup all-natural creamy peanut butter
- 1/3 cup mini chocolate chips
- 1-2 teaspoons water

Chocolate Layer

- 6 oz. dark chocolate chopped
- 2 teaspoons coconut oil

Peanut Butter Layer

- 1/2 cup all-natural creamy peanut butter
- 1 teaspoon coconut oil
- 1/4 cup valentine colored M&Ms
- Valentines Sprinkles

Directions

1. Line a metal muffin pan with liners or use a silicone muffin tin. I love my heart one from amazon!
2. First, make the oat layer. Add the quick-cooking oats, honey, peanut butter, and mini chocolate chips and water to a bowl and stir all of the ingredients together until combined. Scoop about 2 tablespoons of the oats into the bottom of each muffin cup and firmly press them into the cup.
3. 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
4. Scoop 2 teaspoons of the melted chocolate and add it on top of the oat layer. Place in the freezer for 5 minutes.
5. 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. Top each heart with peanut butter. Then, add mini m&ms and sprinkles
6. Place the muffin tin in the freezer for at least 60 minutes to an hour to set.
7. When the oat cups have set remove them from the muffin pan and transfer them into a freezer bag and store the oat cups in the freezer.