



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Chocolate Nut Butter Cups

Makes 8 servings

Ingredients:

½ cup natural nut butter (peanut butter, almond butter, etc)

¼ cup pure maple syrup

For the chocolate topping:

10 ounces of dark chocolate chips

10 ounces milk chocolate chips



Directions:

1. Line 8 standard sized muffin tins with muffin liners.
2. In a bowl, mix together nut butter and maple syrup for the filling.
3. In a separate bowl, combine chocolate chips and use a double boiler or microwave to melt together.
4. Divide the nut butter filling evenly in each liner. Pour the chocolate topping over the filling.
5. Place in freezer for 20 minutes.

Nutrition Tips:

1. This recipe can be made with peanut butter, almond butter, or any other natural “nut butter.”
2. Keep in mind that consuming chocolate may contribute to heartburn or reflux symptoms.
3. The more nutritious choice of chocolate is dark chocolate (at least 60-70% cocoa), as it is a good source of antioxidants. Many recipes that call for milk chocolate can be modified to include ½ milk chocolate and ½ dark chocolate.
4. When heating chocolate or chocolate chips, you can use the microwave but it is important to understand how fast and hot the microwave works. If using a water bath on a stove, make sure the bowl of chocolate does not touch the water in the pot.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.