



Copycat Deese's Eggs



prep time
1 hour



total time
1 hour



servings
8 eggs

Ingredients

- 2/3 cup creamy peanut butter
~ 5.5 fat servings
- 1 tablespoon maple syrup OR honey
~ 1 carb serving
- 2 tablespoons coconut flour OR
almond flour ~ 1 fat serving
- 3/4 cup dark chocolate chips
~ 4 servings carb, 3 servings fat,
~1 serving protein

Optional:

- Coarse sea salt, for sprinkling on top

Instructions

- 1** In a medium bowl, mix together peanut butter, maple syrup and coconut flour until smooth. If your dough looks too runny, feel free to add 1 more tablespoon of coconut flour and/or pop the dough in the fridge for 10-20 minutes before forming the eggs. If you are using almond flour it might require more flour to get the right consistency.
- 2** Use a spoon and scoop about a tablespoon of the peanut butter mixture onto a parchment lined small baking sheet– you should get 8 eggs total. If you have an egg mold– use that for this step.
- 3** Slightly flatten the top of each with your fingertips and form into an egg shape if you'd like.
- 4** Then place the baking sheet in the freezer for 20-30 minutes. The longer the eggs sit in the freezer, the easier they will be to dip in chocolate.
- 5** Once you are ready to coat the eggs, melt the chocolate chips in a small saucepan over very low heat, stirring frequently. Transfer melted chocolate to a small warm bowl. Room temperature or slightly warm melted chocolate is

better than 'hot' melted chocolate; if the chocolate is too hot, it can melt the peanut butter.



- 6** Quickly use a fork to dip each peanut butter egg into chocolate. Make sure to coat evenly. Transfer back to parchment-lined baking sheet and sprinkle with a little coarse sea salt if desired. If there's extra chocolate at the end, you can drizzle it over each egg for some decoration on the egg. Then immediately place the baking sheet back in the freezer for 20-30 minutes or until hardened.
- 7** Once hardened completely, store in an airtight container in the fridge or freezer until ready to eat.

Whole Recipe Breakdown:
1 Servings Protein
5 Servings Carb
9.5 Servings Fat
0 Servings Veggies