



## PB and Choc jelly mess

Oh so delicious, but not the prettiest! This low carb treat is quick to make and best kept in fridge.  
Serves 20. Per serve: Cal: 201; Fat: 17.7g; Pro: 4.6g; Carbs: 3.9g

**Serves: 20, Prep time: 00:10, Cook time: 00:00**

### Instructions

Line a loaf tin or similar with baking paper or use a silicon baking dish.&nbsp;

Mix the peanut butter, coconut butter, coconut flour, a tablespoon of the vanilla extract together until well blended. Transfer to the loaf tin and pop into the fridge to set.

Heat the raspberries over medium heat on the stovetop and stir until they begin to melt down and liquify. Add chia seeds and other tablespoon of the vanilla extract and stir until well blended. Take off heat and set aside for around 10 minutes to allow seeds to swell and absorb to become jam-like. Pour on top of the peanut butter mixture (which will have the consistency of fudge.)

Meanwhile, melt chocolate chips in microwave (around 2 minutes, stopping half way through to stir) or in double-boiler pot on stove top. Mix in the coconut oil until blended through and pour over the fudge and jam. Cut into 20 pieces and store in fridge.

### Ingredients

- 0.75 cups Peanut butter
- 0.75 cups Coconut butter, melted
- 0.5 cups Coconut flour
- 2 tablespoon Unsweetened vanilla extract
- 1 cups Frozen raspberries
- 5 tablespoon Chia seeds
- 0.5 cups ...Well Naturally chocolate chips, dark
- 2 tablespoon Coconut oil, melted