

PREP: 10mins
COOK:
SERVES:20

Chocolate Raspberry Oat Cups

Our better for you Chocolate Raspberry Oat Cups offer a wholesome, homemade anytime snack.

Ingredients

130g (1 3/4 cups) rolled oats

85g (1/3 cup) smooth peanut butter

110g (1/3 cup) Queen Sugar Free Maple Flavoured Syrup

2 tsp Queen Vanilla Extract 99% Sugar Free & Alcohol Free

2 x 125g punnets fresh raspberries

Queen Reduced Sugar* Hard Set Choc Topping

Method

STEP 1

In a medium mixing bowl combine the oats, peanut butter, maple flavoured syrup and vanilla extract and mix until well combined.

STEP 2

Using a mini muffin tin, press 1 tbsp of oat mixture into the base and up the sides of 20 mini muffin cup. Place in the freezer.

STEP 3

Mash the raspberries in a separate bowl with the tynes of a fork then add a tsp of mashed raspberry into each oat cup and place back in the freezer.

STEP 4

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Method

Freeze for at least 3 hours, then top each cup with hard set choc topping and serve when set or place back in the freezer until ready to eat.

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