

# Banana Peanut Butter Cups

*This recipe will make two 24 count mini muffin tins*



## Ingredients

2 **boxes** banana pudding  
4 **cups** milk  
1 - **6.5 oz** PB2 with Cocoa  
3/4 **cup** water  
2 bananas

## Directions:

1. Mix 1 box of banana pudding according to the package directions.
2. Let it soft set while you line a mini muffin pan with silicone liners.
3. Fill each mini muffin cup halfway with the prepared banana pudding.
4. Place the pan in the fridge to allow the pudding to fully set.
5. In a bowl, mix 1 container of PB2 with approximately  $\frac{3}{4}$  cup of water.
6. Stir until the mixture is slightly runny, making it easy to spoon over the pudding.
7. Use a spoon to gently press a small dimple into the top of each pudding cup.
8. Spoon a small amount of the PB2 mixture into each dimple.
9. Place the muffin pan in the freezer until the PB2 layer is firm.
10. Mix another box of banana pudding according to the package directions.
11. Immediately spoon the fresh pudding over the frozen PB2 layer, filling the cups to the top.
12. Slice a banana and place one slice on top of each pudding cup.
13. Freeze until the cups are solid.
14. Once fully frozen, pop them out of the silicone liners and freeze dry.
15. Store in jars for short-term use or in mylar bags for long-term storage.

## Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

## Notes:

PB2 is a freeze dryer friendly substitute for peanut butter.

## Nutritional Value Per 1 cup

Calories: 35 Protein: 2 g Fat: 1 g Carbohydrates: 5 g Sugar: 3 g Fiber: 0 g