

Superfood Chocolate-Covered Peanut Chews (S)

Superfood Chocolate-Covered Peanut Chews is part of our "Superfood Chews" series found on pages 382-383 of the Trim Healthy Mama Cookbook. Others might scarf down sugar-laden candy during the holiday season, but we Trim Healthy Mamas won't want to (or need to) deplete the health of our bodies like that! But, you don't have to miss out on chocolate-peanut yumminess either! This recipe can be found in the "Sweet Treats - Candies and Bars" section of the [Trim Healthy Mama Cookbook](#), page 378.

Makes 8 servings

INGREDIENTS:

- 1 batch Skinny Chocolate recipe (recipe below)
- ½ cup [TH Pristine Whey Protein Powder](#)
- ½ cup [TH Integral Collagen](#)
- ¼ cup [TH Peanut Flour](#)
- 2 pinches [TH Mineral Salt](#)
- 2 Tbs [TH Super Sweet Blend](#) (ground in a coffee grinder; or, 4 Tbs TH Gentle Sweet)
- 1 tsp [TH Natural Burst Vanilla Extract](#)
- 1 doonk [TH Pure Stevia Extract Powder](#) (1 to 2 doonks, optional for additional sweetness)
- 4 tsp butter (generous teaspoons, or coconut oil)
- 1 Tbs water (1 to 3 Tbs, as needed)



DIRECTIONS:

1. Prepare a batch of Skinny Chocolate (recipe below). Pour half of the liquid Skinny Chocolate into molds or ice cube trays and set aside...
2. Place the whey, collagen, peanut flour, salt, and sweetener in a food processor.
3. Begin processing and add the vanilla and other extracts (if using). Add the butter or oil and process a bit more.
4. Drop in 1 tablespoon of water to moisten the mixture. After a minute or two of processing, stop and press some of the mixture between your fingers to see if it holds together. (It might still be a little crumbly but should hold together when pinched.) If it's too dry, add 1 teaspoon of water at a time and process until you can get a nougat texture when pressed together. Taste to see if you would like more sweetness.
5. Add some of your peanut nugget batter to the Skinny Chocolate that you've placed in the molds/ice cube trays. Top off each section with your remaining Skinny Chocolate.
6. Freeze to harden and then refrigerate the chews. Wrap the individual pieces in wax paper or plastic, if desired.

Continued...

Skinny Chocolate (S)

This chocolate is so easy, so delish, and so slimming as long as it is eaten in an S setting. But, don't eat it with a bunch of carbs at the same time, unless you want to fatten up. You can add nuts, unsweetened dried coconut, and other flavors like coffee or vanilla to this basic recipe. You can also dip chilled strawberries into this chocolate if you heat it to melting point. Great topping, when melted, for Tummy Tucking Ice Cream. This recipe can be found on page 371 of the original [Trim Healthy Mama book](#) as well as page 377 of the [Trim Healthy Mama Cookbook](#).

Multi-Serving Recipe

INGREDIENTS:

- ¼ cup unsweetened cocoa powder
- ½ cup extra virgin coconut oil
- 2 tsp [TH Super Sweet Blend](#)
(2 to 3 tsp, ground in coffee grinder)
(or 2 doons [TH Pure Stevia Extract Powder](#))
- pinch [TH Mineral Salt](#) (optional)
- splash [TH Natural Burst Vanilla Extract](#) (optional)



DIRECTIONS:

1. If the coconut oil is solid, melt it by placing in a small bowl atop a small saucepan of water set over high heat.
2. Combine the melted coconut oil, cocoa, sweetener, and salt in a bowl and stir well.
3. Taste and tweak to make it your own!
4. Pour into ice cube trays, chocolate or candy molds, or onto a plastic plate and put into the freezer to harden.

"So long as you have some of this in your freezer, you will never have to feel chocolate deprived again. This is an easy recipe that has been the saving grace for many a Trim Healthy Mama when chocolate cravings hit. The coconut oil helps nourish your thyroid and rev your metabolism—that's why we call it "skinny."

Even though chocolate is usually hard to sweeten with stevia, the budget-friendly Super Sweet Blend works well in this recipe—just don't use too much. You'll get no bitter taste with the 2 teaspoons indicated. If you like much sweeter chocolate, or if you can't be bothered grinding your sweetener, use 3½ to 4 teaspoons of Gentle Sweet instead. Heads up: Skinny Chocolate is not a milk chocolate, so some people add heavy cream—that's fine, but don't go overboard with it, as it is still an S treat, but not quite so skinnyfying.

The recipe makes about ¾ cup; we hate setting portion sizes, but up to one-third of this batch in a day is probably about right, but that is not a law."

~Trim Healthy Mama Cookbook, Page 377

This and other delicious TH recipes can be found at www.TrimHealthyMembership.com