

Tasty Tahini Cups

This nut-free, nutrient-packed treat will satisfy your chocolate or sweet cravings any time of day. Pack a punch with **CanPrev's Myco10 Immunomodulating Mushroom Complex**, a powder that combines 7 medicinal mushrooms and 3 whole food antioxidants to support your immune system. This dessert is so tasty, you wouldn't believe it's good for you!

This recipe takes 15 minutes to prep, and requires 40 minutes of freezing time.



Preparation time: 55 mins | Servings: 9



Ingredients

Chocolate layer:

- 1/2 cup coconut oil, melted
- 3/4 cup cacao powder
- 1/4 cup coconut nectar or liquid sweetener of choice (maple syrup, honey)

Tahini layer:

- 1/2 cup runny tahini
- 3 tbsp maple syrup
- 2 tbsp hemp hearts
- 4 scoops Myco10 Powder

Jam layer:

- 9 tsp (or more) of your favourite jam

Optional toppings:

- Hemp hearts, flakey sea salt, or goji berries

Method

Chocolate layer: (split into 2 batches)

1. Melt coconut oil and stir in sweetener and cacao until smooth and creamy. It should be viscous for easy pouring.
2. Line a muffin pan with cupcake papers and pour about 1 tbsp of mixture into each, then place in the freezer for 20 minutes to solidify.

Tahini layer:

1. Mix all ingredients to form a paste that's pliable enough to roll into balls.
2. Once chocolate layer has hardened, use a tsp sized ball of the mixture and flatten into muffin tin.

Jam layer:

1. Add at least 1 tsp of your favourite jam in each cup on top of the tahini layer.

Toppings:

1. Cover cups with the remaining chocolate and decorate with desired toppings.
2. Place in the freezer for 20 minutes until set.

Featured Product



Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

