

## Chili Chocolate Peanut Butter Popsicles

*Kick your snacking up a notch! Inspired by the Mexican heat, these popsicles – or palatas – bring together the classic combination of peanut butter and chocolate, with a spicy kick to your palate. For the little ones, the amount of cayenne pepper can be reduced. More great recipes can be found at [www.peanutbureau.ca](http://www.peanutbureau.ca).*

**Makes about 8 popsicles (palatas)**

**Prep Time: 10 minutes**

**Freeze Time: 6 hours**

**What you need:**

- 1 cup (250 mL) peanut butter
- 1/3 cup (75 mL) liquid honey
- 3/4 tsp (4 mL) cayenne pepper
- 1/4 tsp (1 mL) salt
- 1/3 cup (75 mL) unsweetened cocoa powder
- 1 cup (250 mL) milk
- 1 Tbsp (15 mL) peanuts, very finely chopped (optional)



**How you prepare:**

1. In a large (4 cup/1 L) measuring cup, stir peanut butter with honey, cayenne and salt. Stir in cocoa powder until smooth.
2. Very gradually whisk in milk, until mixture is smooth and milk is completely combined.
3. Sprinkle base of popsicle molds with peanuts. Pour peanut butter mixture into molds and insert popsicle sticks. Freeze until firm, about 6 hours.

**Per serving:**

- Calories 290
- Carbohydrates 23 g
- Protein 9 g
- Fat 18 g
- Dietary Fiber 3 g
- Sugars 15 g
- Sodium 240 mg

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

