Prep Time	20 minutes
Cook Time	5 minutes
Chill Time	30–45 minutes
Total Time	55–70 minutes
Yield	16 clusters (8 servings, 2 clusters each)
Difficulty	Easy
Cuisine	American / Keto Candy

Table of Contents

- Ingredients
- Equipment Needed
- Instructions
  - Step 1: Prepare Your Workspace — Time: 3 minutes | Intensity: Low
  - Step 2: Make the Sugar-Free Caramel — Time: 6–8 minutes | Intensity: Medium–High
  - Step 3: Combine the Filling — Time: 3 minutes | Intensity: Medium
  - Step 4: Form the Clusters — Time: 5 minutes | Intensity: Medium
  - Step 5: Chill the Clusters — Time: 15–20 minutes | Intensity: Low (passive)
  - Step 6: Melt the Chocolate — Time: 2 minutes | Intensity: Low
  - Step 7: Dip and Coat — Time: 6 minutes | Intensity: Medium
  - Step 8: Set and Store — Time: 20–30 minutes | Intensity: Low (passive)
- Time & Intensity Summary
- Nutrition Information (Per Serving — 2 clusters)

Ingredients

For the peanut-caramel filling:

- 1½ cups (225 g) roasted salted peanuts, roughly chopped (plus extra whole peanuts for texture)
- ¼ cup (60 ml) heavy whipping cream
- ¼ cup (50 g) granulated erythritol or monk fruit sweetener
- 2 tablespoons unsalted butter
- 1 tablespoon sugar-free vanilla syrup (or 1 teaspoon vanilla extract)
- ¼ teaspoon salt (reduce if peanuts are heavily salted)
- 2 tablespoons powdered erythritol (for thickening, optional)
- 1 scoop (15 g) vanilla or caramel protein powder (optional, for a chewier, nougat-like texture)

For the chocolate coating:

- 6 oz (170 g) sugar-free dark chocolate chips (or 85% dark chocolate, chopped)
- 1 tablespoon coconut oil (for glossy, snappy chocolate)
- Pinch of flaky sea salt, for finishing

Optional mix-ins:

- 2 tablespoons sugar-free caramel syrup, swirled in
- 1 tablespoon chia seeds (for crunch)
- ¼ cup unsweetened coconut flakes

Equipment Needed

- Small saucepan (for caramel)
- Heatproof spatula or wooden spoon
- Large mixing bowl
- Small microwave-safe bowl (for chocolate) or double boiler
- Baking sheet lined with parchment paper
- Cookie scoop or tablespoon (for portioning)

- Candy thermometer (optional but helpful)
- Airtight storage container

Instructions

Step 1: Prepare Your Workspace — *Time: 3 minutes* | *Intensity: Low*

Line a baking sheet with parchment paper and set it aside. Measure out all ingredients before you start — caramel moves fast, and you won't have time to hunt for the vanilla extract mid-boil. Roughly chop the peanuts, leaving some larger pieces for crunch.

Step 2: Make the Sugar-Free Caramel — *Time: 6–8 minutes* | *Intensity: Medium–High*

In a small saucepan over medium heat, combine the heavy cream, granulated erythritol, and butter. Stir constantly with a heatproof spatula until the sweetener dissolves completely — about 2–3 minutes. Bring the mixture to a gentle simmer and cook for 4–5 minutes, stirring frequently, until it thickens slightly and turns a light golden color. If using a candy thermometer, aim for 225–230°F (107–110°C) — soft-ball stage. Watch carefully: erythritol can crystallize if stirred too aggressively or heated too fast. Remove from heat and stir in the vanilla syrup (or extract) and salt.

Step 3: Combine the Filling — *Time: 3 minutes* | *Intensity: Medium*

Pour the hot caramel over the chopped peanuts in the large mixing bowl. Add the protein

powder (if using) and powdered erythritol, and stir vigorously until everything is evenly coated and the mixture holds together in sticky clumps. If it looks too loose, add another tablespoon of powdered erythritol. If too stiff, add a splash of warm cream. The texture should be like thick cookie dough studded with peanuts.

Step 4: Form the Clusters — *Time: 5 minutes | Intensity: Medium*

Using a cookie scoop or tablespoon, drop 16 mounds of the peanut-caramel mixture onto the parchment-lined baking sheet, spacing them 1 inch apart. Press each mound gently with damp fingers to compact it — this prevents crumbling later. For a more rustic look, leave them slightly irregular. Work quickly — the caramel stiffens as it cools.

Step 5: Chill the Clusters — *Time: 15–20 minutes | Intensity: Low (passive)*

Transfer the baking sheet to the refrigerator and chill for 15–20 minutes, until the clusters are firm enough to lift without bending. This step is essential — if you dip soft clusters into chocolate, they’ll fall apart.

Step 6: Melt the Chocolate — *Time: 2 minutes | Intensity: Low*

In a microwave-safe bowl, combine the sugar-free chocolate chips and coconut oil. Microwave in 30-second bursts, stirring between each, for about 90 seconds total, until smooth and glossy. Alternatively, melt over a double boiler. The coconut oil gives the chocolate a professional snap and shine. Let the chocolate cool for 1–2 minutes — too hot and it will melt the caramel filling.

Step 7: Dip and Coat — *Time: 6 minutes | Intensity: Medium*

One at a time, drop a chilled cluster into the melted chocolate. Use two forks or a spoon to turn it, coating completely. Lift it out, let the excess chocolate drip back into the bowl, and return it to the parchment-lined sheet. Sprinkle immediately with a pinch of flaky sea salt

before the chocolate sets. Repeat with the remaining clusters. Work in batches of 4 so the chocolate stays fluid.

Step 8: Set and Store — *Time: 20–30 minutes | Intensity: Low (passive)*

Return the coated clusters to the refrigerator for 20–30 minutes, until the chocolate is fully set and snaps cleanly when broken. Store in an airtight container in the refrigerator.

Time & Intensity Summary

Phase	Duration	Intensity
Prepare workspace	3 minutes	Low
Make caramel	6–8 minutes	Medium–High
Combine filling	3 minutes	Medium
Form clusters	5 minutes	Medium
Chill clusters	15–20 minutes	Low (passive)
Melt chocolate	2 minutes	Low
Dip & coat	6 minutes	Medium
Set & store	20–30 minutes	Low (passive)
Total	~55–70 minutes	Easy

Nutrition Information (Per Serving — 2 clusters)

Nutrient	Amount
Calories	245 kcal
Total Fat	21 g
Saturated Fat	9 g

Nutrient	Amount
Cholesterol	12 mg
Sodium	145 mg
Total Carbohydrates	10 g
Dietary Fiber	4 g
Total Sugars	1 g
Net Carbs	6 g
Protein	7 g
Calcium	4% DV
Iron	8% DV