Prep Time: 20 minutes | Chill Time: 30 minutes | Total Time: 50 minutes
Yield: 12 cups (6 servings of 2) | Intensity Level: Easy

Table of Contents

- Introduction
- Ingredients
    - For the Brownie Batter Cups
    - For the PB2 Frosting
    - For Topping (Optional)
    - Equipment
- Time & Intensity Breakdown
- Instructions
    - Step 1: Grind the Oats (2 minutes | Low Intensity)
    - Step 2: Mix the Brownie Batter (5 minutes | Low Intensity)
    - Step 3: Press into Cups (4 minutes | Low–Moderate Intensity)
    - Step 4: Chill the Bases (15 minutes | Low Intensity, Passive)
    - Step 5: Make the PB2 Frosting (3 minutes | Low Intensity)
    - Step 6: Frost and Top (4 minutes | Low Intensity)
    - Step 7: Final Chill (15 minutes | Low Intensity, Passive)
- Flavor Variations
- Serving Suggestions
- Storage & Reheating
- Nutrition Information (Per Serving, 2 Cups, Based on 6 Servings)

Introduction

PB2 Frosted Brownie Batter Cups are the dessert that satisfies every chocolate-peanut butter craving without the guilt — rich, fudgy no-bake brownie batter pressed into muffin cups and

topped with a creamy, protein-packed PB2 frosting. The “batter” is made from a blend of oat flour, cocoa powder, almond butter, and a touch of maple syrup, giving it that unmistakable brownie-batter texture and deep chocolate flavor, while the frosting uses powdered peanut butter (PB2) for a light, fluffy peanut butter taste with a fraction of the fat and calories of traditional peanut butter frosting. These cups are no-bake, gluten-free (use certified oat flour), and can easily be made vegan and dairy-free. They’re perfect for meal prep, a healthy-ish after-school snack, a post-workout treat, or a dessert that won’t derail your goals. Best of all, they come together in about 20 minutes of hands-on work and a short chill — no oven required.

Ingredients

For the Brownie Batter Cups

- 1 cup (90 g) old-fashioned rolled oats, ground into flour (or 1 cup oat flour)
- 3 tbsp unsweetened Dutch-process cocoa powder
- ¼ tsp fine sea salt
- ¼ cup (65 g) creamy almond butter (or peanut butter)
- 3 tbsp pure maple syrup (or honey)
- 2 tbsp unsweetened applesauce (or mashed banana)

- 1 tsp vanilla extract
- 2–3 tbsp unsweetened almond milk (or milk of choice), as needed
- 2 tbsp mini chocolate chips (optional, dairy-free if needed)

For the PB2 Frosting

- 4 tbsp PB2 powdered peanut butter
- 3 tbsp plain Greek yogurt (or dairy-free yogurt)
- 1 tbsp pure maple syrup (or to taste)
- ¼ tsp vanilla extract
- Pinch of fine sea salt
- 1–2 tbsp unsweetened almond milk, to thin if needed

For Topping (Optional)

- Mini chocolate chips

- Crushed peanuts
- A dusting of cocoa powder
- Flaky sea salt

Equipment

- Food processor or blender (for grinding oats)
- Mixing bowls
- 12-cup standard muffin tin
- Paper or silicone muffin liners
- Small spatula or spoon
- Measuring cups and spoons

Time & Intensity Breakdown

Stage	Time	Intensity	What's Happening
Grind oats	2 min	Low	Blitz oats into flour
Mix brownie batter	5 min	Low	Combine dry and wet ingredients
Press into cups	4 min	Low–Moderate	Portion and press into liners
Chill the bases	15 min	Low (passive)	Cups firm up for frosting
Make PB2 frosting	3 min	Low	Whisk PB2, yogurt, maple, vanilla
Frost & top	4 min	Low	Pipe or spread frosting; add toppings
Final chill	15 min	Low (passive)	Frosting sets; flavors meld

Total active time: ~18 minutes | Total passive time: ~30 minutes

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Instructions

Step 1: Grind the Oats (2 minutes | Low Intensity)

If using whole rolled oats, pulse them in a food processor or blender for 60–90 seconds, until they reach a fine flour consistency. Stop and scrape down the sides as needed. If you're using pre-ground oat flour, skip this step. You should end up with about 1 cup of oat flour.

Step 2: Mix the Brownie Batter (5 minutes | Low Intensity)

In a medium mixing bowl, whisk together the oat flour, cocoa powder, and salt until evenly combined. In a separate bowl, stir together the almond butter, maple syrup, applesauce, and vanilla until smooth. Pour the wet mixture into the dry ingredients and stir with a spatula until a thick, sticky dough forms. Add almond milk 1 tablespoon at a time until the dough holds together when pressed but isn't wet — you want a fudgy brownie-batter texture, not a loose cookie dough. Fold in the mini chocolate chips, if using.

Step 3: Press into Cups (4 minutes | Low–Moderate Intensity)

Line a 12-cup muffin tin with paper or silicone liners. Scoop about 1½ tablespoons of dough into each liner — roughly ¾ full. Use the back of a spoon or your fingers to press the dough firmly and evenly into the bottom and slightly up the sides, creating a small well in the center. A firmly packed base holds its shape and supports the frosting.

Step 4: Chill the Bases (15 minutes | Low Intensity, Passive)

Place the muffin tin in the freezer for 15 minutes, until the cups are firm to the touch. This makes them easier to frost and gives them a firmer, fudgier bite.

Step 5: Make the PB2 Frosting (3 minutes | Low Intensity)

In a small bowl, whisk together the PB2, Greek yogurt, maple syrup, vanilla, and salt until smooth and creamy. Add almond milk 1 teaspoon at a time if the frosting feels too thick to spread. Taste and adjust the sweetness — add a touch more maple syrup if needed. The frosting should be thick, fluffy, and pipeable.

Step 6: Frost and Top (4 minutes | Low Intensity)

Remove the cups from the freezer. Spoon or pipe about 1 tablespoon of frosting onto each cup, spreading it to the edges. Sprinkle with mini chocolate chips, crushed peanuts, cocoa powder, or flaky sea salt, if desired.

Step 7: Final Chill (15 minutes | Low Intensity, Passive)

Return the cups to the refrigerator for at least 15 minutes, or up to overnight, to set the frosting and let the flavors meld. Serve chilled.

Flavor Variations

- Double Chocolate: Add 1 tbsp cocoa powder to the frosting and top with dark chocolate shavings.
- Chocolate-Coconut: Fold 2 tbsp shredded coconut into the batter and sprinkle coconut on top.
- Espresso Brownie: Add ½ tsp instant espresso powder to the batter for a mocha twist.
- White Chocolate PB: Swap the chocolate chips for white chocolate chips and drizzle with melted white chocolate.
- Nutty Crunch: Add 2 tbsp chopped walnuts or pecans to the batter.

Serving Suggestions

Serve chilled as a snack, dessert, or post-workout treat. They’re excellent alongside a cup of coffee or a glass of cold milk. For a party, arrange them on a platter with a dusting of cocoa powder and a few crushed peanuts.

Storage & Reheating

- Refrigerator: Store in an airtight container for up to 5 days — the flavor and texture are best chilled.
- Freezer: Freeze in a single layer, then transfer to a zip-top bag for up to 2 months. Thaw in the fridge for 30 minutes before serving.
- No reheating needed — these are always served cold.

Nutrition Information (Per Serving, 2 Cups, Based on 6 Servings)

Values are estimates and will vary by oat flour, nut butter, yogurt, and add-ins.

Nutrient	Amount per Serving
Calories	~225 kcal
Total Fat	~11 g
— Saturated Fat	~2 g
Cholesterol	~1 mg
Sodium	~110 mg
Total Carbohydrates	~25 g
— Fiber	~4 g
— Sugars	~11 g
Protein	~8 g