

Peanut Butter Bombs

These babies are protein laden, nut allergy neutron bombs

Alright folks, first thing's first... if you are going to make these more than 1 time, ever, you should consider buying stock in a powdered peanut butter company. Heck, if you have nut allergies, you'll explode within 15 feet of these.

These cupcakes were a special request from [@kygoatgirl](#) on Connect. They're chocolate cake, loaded with powdered peanut butter and filled with a creamy butterscotch, peanut butter center. Finally, they are frosted with peanut butter flavored pudding, topped with crushed peanuts and drizzled with caramel sauce.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



Range
3-3

- last checked 02/04/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 2 eggs, OR egg whites, if eggs are points on your plan.
- 2 cups 0 point carbonated beverage
(seltzer water, club soda, diet soda, etc.)
- 1 tsp baking powder
- 2 Tbsp powdered peanut butter

Peanut Butter Butterscotch Filling:

- 1 cup "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- (1) 1oz box sugar free instant butterscotch pudding
- 1 cup powdered peanut butter
- 1 cup cold water, plus more if needed
- 1 tsp Watkins 'cream cheese' flavoring/extract (optional)

Peanut Butter Pudding Frosting:

- 2 (1oz) boxes sugar free instant butterscotch pudding
- 1 cup powdered peanut butter
- 1/4 tsp salt
- 1-2/3 cups COLD water, plus more if needed

Toppings:

- 1/3 cup chopped salted/roasted peanuts. Measured, then lightly crushed
- 3 Tbsp Smucker's sugar free caramel sundae syrup



Picture by: [@femmespik](#)

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, baking powder and powdered peanut butter. The mixture MAY be thick because of all the peanut butter powder. Add additional carbonated beverage, if necessary, 1 Tbsp at a time, so that it isn't crazy thick.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool to room temperature.

*** FILLING DIRECTIONS

- 6 In a mixing bowl, use an electric hand mixer to combine the cream cheese substitute with the packet of pudding until smooth. Slowly add the water, 1/4 cup at a time, mixing until smooth. Add the peanut butter powder and extract/flavoring, mix until well combined. It should have the consistency of thick pudding. Add more water if necessary.
- 7 Set aside in the fridge to cool and set.

*** FROSTING DIRECTIONS

- 8 In an old 32oz yogurt container (seriously... they are awesome for this), use an electric hand mixer to mix together the 2 packets of pudding mix, salt and powdered peanut butter with the COLD water. The mixture will be pretty thick. You want it to end up about as thick as softened cream cheese. Add more water if needed, 1 Tablespoon at a time. Set aside in the fridge to set.

*** TOPPING DIRECTIONS

- 9 Place 1/4 cup of salted, roasted peanuts into a ziplock bag. Now grab a mallet, a small pot, or a typical CVS Pharmacy receipt and start playing whack-a-mole. Seriously, crush them up. You don't want large chunks.
- 10 Squeeze the Caramel sauce into a small snack-sized ziplock bag, making a little piping bag. Set aside.

*** ASSEMBLY

- 11 When your cupcakes have cooled completely, scoop down into the middle of each cupcake, creating a roughly 1 inch diameter cavity.

Filling Assembly:

- 12 Take your filling out of the fridge and scoop it into a large ziplock bag. Squeeze it all down to one corner of the bag so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your thumb through the bag) out of the tip of the bag's corner.
- 13 Pipe the filling down into each cupcake's cavity.

Frosting Assembly:

- 14 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Using a circular motion, pipe some frosting onto the top of each cupcake. Build the frosting up into low peaks.

Topping Assembly:

- 15 Use scissors to slice a tiny hole in the corner of the small ziplock bag with the caramel sauce. Carefully drizzle a little bit of caramel over each cupcake's frosting.
- 16 Scoop up some of the crushed peanuts and gently sprinkle them over the frosting of all the cupcakes. Repeat until all of the cupcakes are covered.
- 17 Done.

** NOTES:

- If you want to go overboard, you can put 3 Tbsp of Hershey's sugar free chocolate syrup into a little piping bag, then drizzle the caramel sauce AND chocolate syrup on top. It won't change the points.
- Feel even crazier? Put some Lily's sugar free chocolate chips on these bad boys. If you're only going to have 1 per day, put a 0 point amount of the chips on top of the cupcake you're going to destroy. Do that in conjunction with the added Hershey's sugar free chocolate syrup drizzle and you'll pretty much be in a peanut butter and chocolate coma... for 3 points.
- Want to go crazier? If you're only going to eat a single cupcake 'right now', take a piece of 'Center Cut' bacon out of the fridge, cut a 1/4 piece of it, then cook and drain the small piece. Once it cools, crumble it up and sprinkle the bits o' bacon on top of the peanut butter, caramale & chocolate cupcake. Yuuuup.... that's how we roll here at The Guilt Free Gourmet.
- Man... 'diet food' sure is rough, ain't it?

