Description: Rich, velvety dark chocolate meets roasted, crunchy peanuts in these irresistible bite-sized clusters that satisfy your sweet tooth without the sugar crash. Each cluster delivers a deeply decadent cocoa flavor balanced by a hint of flaky sea salt and natural nuttiness. Crafted as one of the easiest high-protein, low-carb recipes you can keep in your fridge, this no-bake treat transforms simple pantry staples into a guilt-free indulgence.

Can This High-Protein Dark Chocolate Peanut Clusters Support Weight Loss Goals? Yes, these clusters can easily fit into a weight-management routine because they combine high-satiety protein with healthy fats and dietary fiber. Protein slows down digestion and helps curb midday cravings, making it much easier to stick to a calorie deficit without feeling deprived. By swapping out traditional sugar-heavy candy bars for a portion-controlled, low-sugar alternative, you can enjoy a sweet treat while keeping overall daily calories and blood sugar spikes in check.

Does High-Protein Dark Chocolate Peanut Clusters Fit a High-Protein Lifestyle? Absolutely, these clusters are tailored specifically for a high-protein lifestyle by combining roasted peanuts with unflavored or chocolate whey isolate protein powder. With approximately 10 grams of protein and only 4 grams of net carbs per serving, they provide substantial muscle-supporting fuel without unnecessary fillers. Using sugar-free dark chocolate chips keeps the glycemic impact minimal while preserving an authentic dessert experience. This balanced macronutrient profile makes them ideal for hitting daily protein targets on low-carb or macro-focused eating plans.

My Personal Experience

- Protein Powder Integration: Whisking the protein powder directly into the melted chocolate while it is warm—not scorching hot—prevents clumping and keeps the coating glossy. If the chocolate gets too hot, the protein can seize up and turn grainy.

- Flaky Sea Salt Finish: Adding a tiny pinch of flaky sea salt right before the chocolate sets elevates the flavor from a simple snack to a gourmet confection. That sharp burst of salinity cuts through the richness of the dark chocolate and brings out the roasted peanut aroma.

- Parchment Paper Spacing: Dropping the mixture onto parchment paper with a small cookie scoop ensures every cluster is uniform in size and nutrition. Leaving at least an inch of space between mounds prevents them from merging into one giant chocolate

bark as they chill.

Perfect For:

- High-Protein Snacks: A grab-and-go afternoon pick-me-up that bridges the gap between meals.
- High-Protein Desserts: A rich, satisfying after-dinner sweet treat that keeps sugar intake low.
- Low-Carb & Keto Diet Plans: Formulated with sugar-free chocolate and healthy fats to stay well within strict daily net-carb limits.
- Post-Workout Recovery: Delivers quick, digestible protein alongside sodium and potassium from salted peanuts.
- Busy Meal-Prep Weeks: Takes less than 15 minutes to assemble and stays fresh in the fridge all week.

Why You'll Love This Recipe:

- Zero Oven Time Required: Everything comes together in a single microwave-safe bowl or double boiler in under ten minutes. You get a bakery-style confection without heating up your kitchen or dirtying multiple pans.
- Unbeatable Crunch-to-Creamy Ratio: Every bite offers an audible snap from the tempered-style chilled chocolate paired with the hearty crunch of whole roasted peanuts. The protein powder blends seamlessly into the chocolate so there is zero chalky aftertaste.

Common Mistakes to Avoid:

- Overheating the Chocolate: Microwaving chocolate for too long without stirring will

scorch it, turning it thick, dull, and bitter. Always melt in short 20-second bursts and stir thoroughly between intervals.

- Getting Water in the Bowl: Even a single drop of water or steam touching melted chocolate will cause it to seize into a stiff, unusable paste. Make sure your mixing bowl, spatula, and peanuts are completely dry before starting.

- Adding Protein Powder to Boiling-Hot Chocolate: Mixing protein powder into overly hot chocolate cooks the whey, creating lumps and a dry, crumbly texture. Let the melted chocolate cool for 60 seconds before gently whisking in the protein.

- Skipping the Chill Time: Trying to peel the clusters off the parchment paper too early will leave half the chocolate stuck to the sheet. Allow them to set completely in the refrigerator until they snap cleanly off the paper.

Required Equipment:

- Microwave-Safe Glass Bowl (or Double Boiler) — conducts gentle, even heat to melt the chocolate smoothly without scorching.

- Silicone Spatula — scrapes every bit of melted chocolate from the sides of the bowl so no protein or cocoa goes to waste.

- Baking Sheet — provides a flat, sturdy surface that transfers easily into the refrigerator for even chilling.

- Parchment Paper — guarantees a non-stick surface so the chilled clusters lift off effortlessly with intact bottoms.

- 1.5-Tablespoon Cookie Scoop — portions uniform clusters quickly while keeping your hands clean and ensuring accurate macro tracking.

Storage Instructions: Store the set clusters in an airtight glass or BPA-free plastic container lined with a small piece of parchment paper to prevent sticking. Keep them in the refrigerator for up to 2 weeks, where they will maintain their crisp snap and high-protein freshness. For

longer storage, transfer the airtight container to the freezer for up to 3 months; let frozen clusters sit at room temperature for 3 to 5 minutes before eating so they soften slightly for the best crunch.

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Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 2 minutes
- Total Time: 32 minutes (includes 20 minutes chill time)
- Servings: 12 clusters (1 cluster per serving)
- Best Season for This Recipe: All-season (no-bake convenience makes it great for summer, while rich chocolate makes it cozy for winter)
- Total Calories (Per Serving): 165 kcal *(approximate estimate)*

These no-bake High-Protein Dark Chocolate Peanut Clusters combine crunchy roasted peanuts with velvety, protein-boosted sugar-free dark chocolate. Ready in just over 30 minutes, they deliver 10 grams of protein and only 4 grams of net carbs per bite. Keep a batch chilled in your fridge for an effortless low-carb snack or dessert anytime cravings hit.

 Ingredients:

- 1 cup (170g) sugar-free dark chocolate chips *(stevia- or erythritol-sweetened, at least 70% cacao for rich flavor)*
- 1 tablespoon coconut oil *(helps the chocolate melt smoothly and set with a glossy snap)*
- 2 scoops (60g) chocolate or unflavored whey protein isolate *(avoid plant-based protein here, as it absorbs too much liquid and thickens the chocolate)*
- 1 ½ cups (215g) dry-roasted peanuts *(lightly salted; use unsalted if managing sodium)*
- ½ teaspoon pure vanilla extract *(optional, adds warmth and depth)*
- ¼ teaspoon flaky sea salt *(for sprinkling on top before chilling)*

Directions:

1. Prepare Your Tray: Line a large rimmed baking sheet with a flat piece of parchment paper and clear a space in your refrigerator so the tray can sit completely level.
2. Melt the Chocolate: Place the sugar-free dark chocolate chips and coconut oil into a completely dry, microwave-safe glass bowl. Microwave on 50% power (medium heat) for 30 seconds, then remove and stir well with a silicone spatula. Continue microwaving in 15-second bursts, stirring thoroughly after each interval, until the chocolate is 90% melted, then stir continuously until the residual heat melts the remaining bits into a glossy, smooth liquid.
3. Incorporate the Protein (High-Protein Tip): Let the melted chocolate sit for 60 seconds so it cools slightly to warm-to-the-touch, then stir in the vanilla extract. Add the whey protein isolate one scoop at a time, folding gently until completely smooth and lump-free; if the mixture feels slightly thick, add ½ teaspoon of melted coconut oil to loosen it.
4. Fold in the Peanuts: Pour the dry-roasted peanuts into the warm protein-chocolate mixture and fold gently with your spatula until every single peanut is thoroughly coated in chocolate.

5. Portion the Clusters: Use a 1.5-tablespoon cookie scoop (or two spoons) to drop 12 even mounds onto the prepared parchment paper, leaving about 1 inch of space between each cluster. Immediately sprinkle a tiny pinch of flaky sea salt over the top of each wet cluster so it adheres as it dries.

6. Chill Until Set: Transfer the baking sheet to the refrigerator for 20 to 25 minutes, until the chocolate is firm to the touch, matte-glossy, and lifts cleanly off the parchment paper without smudging.

Nutrition Facts (Per Serving – Approximate):

- Calories: 165 kcal
- Fats: 12.5g
- Cholesterol: 5mg
- Sodium: 95mg
- Potassium: 185mg
- Total Carbohydrates: 7g
- Fiber: 3g
- Net Carbs: 4g
- Sugars: 1g
- Protein: 10g
- Calcium: 35mg

Notes:

- Storage Tips: Always keep these clusters chilled in an airtight container; because coconut oil softens around 76°F (24°C), leaving them on a warm counter will make them soft.
- Reheating Instructions: No reheating is required, as these are meant to be enjoyed chilled or straight from the freezer after a 3-minute rest on the counter.
- Allergy Notes: Contains peanuts and milk (from whey isolate); for a peanut-free version, substitute roasted almonds, pecans, or pumpkin seeds, and use a dairy-free dark chocolate if needed.
- Flavor Boosts: Stir ¼ teaspoon of espresso powder or a dash of cinnamon into the melted chocolate to intensify the dark cocoa notes, or fold in 1 tablespoon of unsweetened shredded coconut for extra texture.