

Keto Fat Bombs (4 ways)

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June 25, 2021



Servings: 12

Chocolate Peanut Butter Fat Bomb

Ingredients:

- ½ cup of coconut oil
- 1 ½ tablespoons of cocoa powder
- 1 to 2 tablespoons of sweetener
- Dash of salt
- ¼ teaspoon of cinnamon optional
- Almonds
- Pinch of salt

Cookie Dough Fat Bomb

Ingredients:

- 4 oz cream cheese, room temperature
- ¼ cup of room temperature butter

- 2 tablespoons of sweetener
- ¼ cup of Almond Flour
- 1/4 teaspoon of vanilla extract
- 1/4 teaspoon of Salt
- 1/4 cup Chocolate Chips

Strawberry Cheesecake Fat Bomb

Ingredients:

- 4 ounces cream cheese, softened
- ⅓ cup fresh strawberries, chopped
- ¼ cup heavy cream
- 2 tablespoons of butter, softened
- 2 tablespoons of sweetener
- 1 teaspoon vanilla extract

Lemon Fat Bomb

Ingredients:

- 6 ounces of softened cream cheese
- 4 tablespoons of softened butter
- ¼ cup of sweetener
- 2 tablespoons of lemon juice
- 1 tablespoons of lemon zest

Directions:

1. Mix everything well in a blender.

2. Divined into portions.
3. Freeze or place in fridge for an hour.

Nutrition:

Nutrition per Chocolate Peanut Butter Bomb

- 0g Net Carbs
- 1g Fiber
- 1g Total Carbs
- 1g Protein
- 11g Fat
- 100 Calories

Nutrition per Cookie Dough Bomb:

- 1g Net Carbs
- 2g Fiber
- 3g Total Carbs
- 1g Protein
- 10g Fat
- 102 Calories

Nutrition per Strawberry Cheesecake Bomb:

- 1g Net Carbs
- 0g Fiber
- 1g Total Carbs
- 1g Protein

- 7g Fat
- 65 Calories

Nutrition per Lemon Fat Bomb:

- 1g Net Carbs
- 0g Fiber
- 1g Total Carbs
- 1g Protein
- 9g Fat
- 82 Calories

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These fat bombs are so delicious! There's 4 different flavors and all of them literally taste so bomb! We have some fruity ones and some chocolate ones!

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