



KETO resource

KETO DESSERTS

Strawberry Shortcake Energy Bites



INGREDIENTS:

- $\frac{3}{4}$ cup of almond flour
- $\frac{1}{4}$ cup coconut flour
- $\frac{1}{4}$ cup shredded coconut
- $\frac{1}{2}$ cup strawberries
- 1 tsp vanilla extract
- $\frac{1}{2}$ tsp coconut oil
- 1 tsp stevia

INSTRUCTIONS:

- Add all ingredients to a food processor and process until well combined.
- Roll into 25 individual bites. If desired, roll in shredded coconut.

No Bake Chocolate Peanut Butter Fat Bombs



INGREDIENTS:

- ½ cup coconut oil
- ¼ cup cocoa powder
- 4 tbsp. PB fit powder
- 6 tbsp. shelled hemp seeds
- 2 tbsp. heavy cream
- 1 tsp vanilla extract
- 28 drops liquid stevia
- ¼ cup unsweetened shredded coconut

INSTRUCTIONS:

- Mix together all of the dry ingredients with the coconut oil. It may take a bit of work, but it will eventually turn into a paste.
- Add heavy cream, vanilla, and liquid stevia. Mix again until everything is combined and slightly creamy.
- Measure out unsweetened shredded coconut on to a plate.
- Roll balls out using your hand and then roll in the unsweetened shredded coconut. Lay on to a baking tray covered in parchment paper. Set in the freezer for about 20 minutes.

Almond Pistachio Fat Bombs



INGREDIENTS:

- ½ cup cacao butter, finely chopped and melted
- 1 cup all-natural roasted almond butter
- 1 cup creamy coconut butter
- 1 cup coconut oil, firm
- ½ cup full fat coconut milk, chilled overnight
- ¼ cup ghee
- 1 tbsp. pure vanilla extract
- 2 tsp chai spice
- ¼ tsp pure almond extract
- ¼ tsp Himalayan salt
- ¼ cup raw shelled pistachios, chopped

INSTRUCTIONS:

- Grease and line a 9" square baking pan with parchment paper, leaving a little bit hanging on either side for easy unmolding. Set aside.
- Melt the cacao butter in a small saucepan set over low heat or in the microwave, stirring often regardless of which option you chose. Reserve.
- Add all the ingredients, except for cacao butter and shelled pistachios, to a large mixing bowl. Mix with a hand mixer, starting on low speed and progressively moving to high until all the ingredients are well combined and the mixture becomes light and airy.
- Pour the melted cacao butter right into the almond mixture and resume mixing on low speed until it's well incorporated.
- Transfer to prepared pan, spread as evenly as possible and sprinkle with chopped pistachios.
- Refrigerate until completely set, at least 4 hours but preferably overnight.
- Cut into 36 squares and splurge.

Peanut Butter, Chocolate, and Bacon Fat Bombs



INGREDIENTS:

- 4 tbsp. Eliots Adult Nut Butter Espresso Nib
- 2 tbsp. Butter
- 2 tbsp. Cocoa Powder
- 4 tbsp. Fatworks Lard
- 2 slices Bacon
- 15 drops Liquid Stevia
- 1/4 tsp. Maple Flavoring (optional)

INSTRUCTIONS:

- Microwave Fatworks until completely liquid. Mix cocoa powder and 7 drops liquid Stevia into it until a smooth consistency forms.
- Pour chocolate layer into 8 cupcake liners, then in the freezer for 20-25 minutes.
- Slice bacon very thin and cook until crisp. Remove from the pan and drain excess grease with paper towels.
- When ready, microwave Eliot's Nut Butter with butter until soft. Mix together with 8 drops Liquid Stevia.
- Pour peanut butter layer over the top of the chocolate layer, sprinkle bacon pieces over the top.
- Set in the freezer for 20-25 minutes again.

Coconut Cinnamon Fat Bombs



INGREDIENTS:

- 1 cup coconut butter
 - 1 cup coconut milk
 - 1 tsp vanilla extract
 - 1/2 tsp nutmeg
 - 1/2 tsp cinnamon
 - 1 tsp stevia powder
 - 1 cup coconut shreds
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- Create a double boiler by placing a glass bowl over a saucepan with a few inches of water in it.
 - Place all the ingredients with the exception of the shredded coconut in the double boiler over medium heat.
 - While waiting for the ingredients to melt, be sure to mix them together.
 - Once all of the ingredients are combined remove the bowl from the heat.
 - Place the bowl of ingredients in the fridge for about 30 minutes, or until it is hard enough to roll into balls.
 - Roll the mixture into one-inch balls then cover them with the shredded coconut.
 - Refrigerate the balls for approx. 1 hour.
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Craving Buster Fat Bombs



INGREDIENTS:

- 1 cup melted organic coconut oil
- 1 cup organic cacao powder
- 1 cup almond butter

INSTRUCTIONS:

- Melt the coconut oil and whisk in the cacao and almond butter until no lumps remain. Spoon $\frac{1}{2}$ tablespoon of the mixture each into 32 small paper muffin cups.
 - Refrigerate or freeze until hard.
 - Store in the refrigerator.
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Buttercream Fat Bombs



INGREDIENTS:

- 115 g organic grass-fed butter at room temperature
- 115 g cream cheese at room temperature
- 2-6 tablespoons swerve confectioners or xylitol to taste
- 1 teaspoon vanilla extract
- Dark chocolate
- Almonds toasted and roughly chopped

INSTRUCTIONS:

- Add the butter, cream cheese, and vanilla extract to a bowl. Cream the mixture with an electric mixer until evenly combined and super smooth. Start by adding just two tablespoons of Swerve, adding more if necessary to taste. Spoon into molds (or ice tray!) and freeze until hardened. Or keep in the fridge for up to a week as a spread.
- If adding a chocolate layer, melt chocolate in a water bath (or the microwave). Allow to come to room temperature before coating.
- Remove buttercream fat bombs from the molds. Using a fork, dip into melted chocolate briefly and transfer to a parchment-lined plate. Repeat for a thicker coating. Freeze again straight away.
- Keep refrigerated or frozen (our preference!).

Gluten Free, Paleo, & Keto Cookie Dough Fat Bombs



INGREDIENTS:

- 114 g almond flour
- ¼ teaspoon kosher salt
- 84 g grass-fed butter at room temperature
- 70-90 g Swerve confectioners to taste
- ½ teaspoon vanilla extract
- Dark chocolate chips to taste
- Dark chocolate
- Flakey sea salt

INSTRUCTIONS:

- Add almond flour to a dry skillet or pan, and toast over medium heat until golden and fragrant (3-6 minutes). Remove from pan, whisk in salt and set aside to cool completely (very important!).
- Cream butter in a large bowl with an electric mixer, 2-3 minutes. Add in sweetener and continue to beat until thoroughly mixed and much of the sweetener has dissolved. Add in vanilla extract and beat until just combined.
- With your mixer on low, add in half of your almond flour mixture- mixing until just incorporated. Mix in the rest and fold in chocolate chips.
- Wrap cookie dough with cling film (saran wrap) and refrigerate for at least an hour.
- Spoon out cookie dough and roll into rounds. Keep in the fridge for up to 5 days and in the freezer for up to 2 months.
- Optional chocolate coating: place cookie dough fat bombs in the freezer for 15 minutes. Meanwhile melt chocolate for coating in a water bath or microwave, set aside to cool slightly. Dip cookie dough into chocolate, place in a parchment paper-lined tray, sprinkle with sea salt (optional), and refrigerate to set.

Keto Jalapeño Poppers Fat Bombs



INGREDIENTS:

- 3.5 ounces full-fat cream cheese at room temperature, 100 g
- ¼ cup unsalted butter or ghee at room temperature, 55g/2 oz
- 4 slices of bacon 120 g/4.2 oz
- ¼ cup grated Gruyère cheese or Cheddar cheese 30 g/ 1.1 oz
- 2 jalapeño peppers halved, seeded, and finely chopped, 29 g/ 1 oz

INSTRUCTIONS:

- In a bowl, mash together the cream cheese and butter or ghee, or process in a food processor until smooth.
- Preheat the oven to 325°F (160°C, or gas mark 3).
- Line a rimmed baking sheet with parchment paper. Be sure to use a rimmed sheet to contain the bacon fat, as you'll need it for the recipe, too.
- Lay the bacon slices flat on the parchment, leaving enough space between so they don't overlap.
- Place the sheet in the preheated oven and cook for 25 to 30 minutes, or until crispy. The exact amount of cooking time depends on the thickness of bacon slices.
- Remove from the oven and set aside to cool. When cool enough to handle, crumble the bacon into a bowl and set aside.
- To the cream cheese and butter mixture, add the Gruyère or Cheddar cheese, jalapeños, and bacon grease. Mix well to combine. Refrigerate for 30 minutes to 1 hour, or until set.
- Divide the mixture into 6 fat bombs and place them on a parchment-lined plate. If serving immediately, roll them in the crumbled bacon until well coated. If serving later, refrigerate without the bacon coating in an airtight container for up to 1 week. Roll the fat bombs in freshly cooked or reheated bacon crumbs just before serving.

Peppermint Mocha Fat Bomb



INGREDIENTS:

- $\frac{3}{4}$ cup coconut butter, melted
- 3 Tbsp. coconut oil, melted
- 3 Tbsp. hemp seeds
- $\frac{1}{4}$ tsp peppermint extract
- 2 Tbsp. organic cocoa powder
- 2 tsp instant coffee powder
- 5-8 drops of liquid stevia

INSTRUCTIONS:

- Mix together the melted coconut butter, 1 tbsp. of coconut oil, hemp seeds, and peppermint extract
- Pour into molds about $\frac{3}{4}$ of the way
- Refrigerate until firm
- Stir together 2 Tbsps. of melted coconut oil, cocoa powder, instant coffee and stevia.
- Drizzle on top of fat bombs
- Refrigerate again until completely hardened
- Pop out of molds and transfer to an air tight container
- Store in the fridge or freezer

Peppermint Nanaimo Fat Bombs



INGREDIENTS:

Bottom Layer

- 1 1/2 cups raw, unsalted almonds
- 1/2 cup unsweetened shredded coconut
- 1/4 cup coconut oil, melted
- 1/4 cup organic cocoa powder
- 2 Tbsp. coconut flour
- 15-20 drops liquid stevia*
- 1/8 tsp sea salt

Middle Layer

- 1 1/2 cups coconut butter
- 10-15 drops liquid stevia
- 1/4 tsp peppermint extract
- 1 tsp pure vanilla extract or 2" scrape of vanilla bean

Top layer

- 1/2 cup sugar-free chocolate chips**
- 1 Tbsp. coconut oil



Peppermint Nanaimo Fat Bombs

INSTRUCTIONS:

- For the bottom layer, combine all the ingredients in a food processor or blender and blend until smooth. Line an 8" x 8" baking dish with parchment paper. Pour the mixture into baking dish and place in the freezer to firm up.
 - For the middle layer, combine all the ingredients in a food processor and blend well. Pour over bottom layer and place in freezer to harden. Make sure this layer has completely cooled before moving on to the top layer.
 - For the top layer, melt the chocolate and coconut oil in a bain-marie or double boiler. Spread this over the middle layer. Refrigerate until firm.
 - Remove from dish and cut into squares. Enjoy!
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Lemon Macadamia Fat Bombs



INGREDIENTS:

- 6 oz. organic coconut oil
- 1 oz. cocoa butter
- 2 oz. organic coconut cream concentrate
- 3 tablespoons honeyville blanched almond flour
- 3 tablespoons organic coconut flour
- 1 splash organic vanilla extract
- 1 pinch sea salt (real salt)
- 1 medium lemon, juiced & zested
- Liquid stevia to taste
- ½ cup organic shredded coconut unsweetened
- ½ cup macadamia nuts

INSTRUCTIONS:

- In a small sauce pan, over low heat melt coconut oil, coconut cream concentrate and cocoa butter.
- In your blender, combine melted mixture with the flours, vanilla, stevia, lemon juice/zest and stevia (adjust stevia to taste). Blend for 1+ minutes until well combined.
- Add shredded coconut and macadamia nuts, pulse a few times to combine and lightly chop.
- Portion into bite sized balls or press into a silicone mold and freeze until firm. Enjoy frozen or refrigerated.

Keto Olive Pecan Fat Bombs



INGREDIENTS:

- ½ cup pecan pieces whole or chopped
- ½ cup organic olives stuffed with red peppers drained
- 8 oz. organic cultured cream cheese

INSTRUCTIONS:

- In your food processor, finely chop pecans until they are almost dust like. Transfer from food processor and place in a bowl, set aside.
- In the same food processor (no need to wash after chopping the pecans) pulse to coarsely chop olives.
- Add scoops or chunks of cream cheese to your food processor (with olive) Pulse or process to combine to your desired consistency.
- I prefer more of a smooth mixture, since Ray “thinks” he doesn’t like olives I don’t want any chunks.
- Using a small scoop, roll roughly 36 balls in the finely chopped pecans. Refrigerate for 1+ hours before enjoying for the flavors to combine.

Blackberry Fat Bomb



INGREDIENTS:

- 1 cup coconut butter
- 1 cup coconut oil
- ½ cup fresh or frozen blackberries can use raspberries or strawberries if desired
- ½ teaspoon Sweet Leaf stevia drops add a bit more for sweeter taste
- ¼ teaspoon vanilla powder or ½ teaspoon vanilla extract
- 1 tablespoon lemon juice

INSTRUCTIONS:

- Place coconut butter, coconut oil and blackberries (if frozen) in a pot and heat over medium heat just until well combined.
 - In a food processor or small blender, add coconut oil mix and remaining ingredients. Process until smooth. NOTE: Separation may occur if coconut oil mixture is too hot. If using fresh berries, there is no need to cook them with the coconut oil and butter.
 - Spread out into a small pan lined with parchment paper (I used 6x6-inch container)
 - Refrigerate one hour or until mix has hardened.
 - Remove from container and cut into squares.
 - Store covered in the refrigerator.
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Peanut Butter Fluff Fat Bombs



INGREDIENTS:

- 1/2 cup heavy whipping cream
- 4 oz cream cheese, softened
- 2 ¼ tablespoon natural peanut butter
- 5 tablespoons swerve confectioners
- ½ tsp vanilla
- ½ square unsweetened chocolate or Lily's Chocolate Chips

INSTRUCTIONS:

- In a medium-sized bowl, beat heavy whipping cream until it almost doubles in size.
- In a separate bowl add the softened cream cheese, natural peanut butter, swerve, and vanilla then beat with a mixer until the fluff is smooth and creamy.
- Combine to two and mix on low until thoroughly combined and smooth.
- Grate unsweetened chocolate shavings on top or add Lily's Chocolate Chips to fluff.
- Best if kept in the refrigerator overnight and served the next day.

Creamsicle Melts



INGREDIENTS:

- 2 cups heavy whipping cream
- 1 tablespoon Torani Sugar Free Vanilla Syrup
- 1 small box of Orange Sugar Free Jello

INSTRUCTIONS:

- Add all the above ingredients in a blender and mix on high until it gets to a thick whipped texture!
 - Next, place the mini cupcake liners into your cupcake pan.
 - Add all the batter into a piping bag and add just enough to fill each mini cupcake liner about halfway up.
 - Flash freeze them for about 30 minutes in the cupcake pan, so these treats hold their shape. Then remove them from the cupcake pan and add them to a freezer bag to enjoy them throughout the whole week!
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Gingerbread Fat Bombs



INGREDIENTS:

- 2 cups finely ground almond flour
- 2/3 cup Swerve sweetener
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon kosher salt
- 6 tablespoons melted butter
- 1 teaspoon molasses

INSTRUCTIONS:

- Add all of the dry ingredients to a medium sized bowl and mix to combine. Stir in the melted butter and molasses to form a thick dough. Using a small cookie scoop, scoop out a portion of dough and roll it into a ball. Place the balls in an air tight container and refrigerate for 1 hour. Keep in the refrigerator for snacking! Makes 16 balls

Bacon and Egg Fat Bombs



INGREDIENTS:

- 2 large eggs, free-range or organic
- ¼ cup butter or ghee, softened at room temperature
- 2 tsp mayonnaise
- Freshly ground black pepper
- ¼ tsp salt or more to taste
- 4 large slices of bacon

INSTRUCTIONS:

- Preheat the oven to 190 C / 375 F. Line a baking tray with baking paper. Lay the bacon strips out flat on the baking paper, leaving space so they don't overlap. Place the tray in the oven and cook for about 10-15 minutes until golden brown. The time depends on the thickness of the bacon slices. When done, remove from the oven and set aside to cool down.
- Boil the eggs. Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water - be careful not to get burnt. This will prevent the egg from cracking as the temperature change won't be so dramatic. To get the eggs hard-boiled, you need round 10 minutes. This timing works for large eggs. When done, remove from the heat and place in a bowl filled with cold water. When chilled, peel off the shells.



Bacon and Egg Fat Bombs

- Cut the butter into small pieces and add the peeled and quartered eggs. Mash with a fork.
 - Add the mayonnaise, season with salt and pepper and mix well. Pour in the bacon grease and combine well. Place in the fridge for 20-30 minutes or until it's solid and easy to form fat bombs.
 - Crumble the bacon into small pieces and prepare for "breading." Remove the egg mixture from the fridge and start creating 6 balls. You can use a spoon or an ice-cream scooper. Roll each ball in the bacon crumbles and place on a tray that will fit in the fridge.
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Savory Mediterranean Fat Bombs



INGREDIENTS:

- ½ cup cream cheese, full-fat
- ¼ cup butter or ghee, softened at room temperature
- 2-3 tbsp. freshly chopped herbs (basil, thyme, and oregano) or 2 tsp dried herbs
- 4 pieces sun-dried tomatoes, drained
- 4 olives, pitted, Kalamata or other type
- 2 cloves garlic, crushed
- Freshly ground black pepper
- ¼ tsp salt or more to taste
- 5 tbsp. parmesan cheese, grated

INSTRUCTIONS:

- Cut the butter into small pieces and place in a bowl with the cream cheese. Leave it on a kitchen counter for 20-30 minutes to soften. Mash with a fork and mix until well combined. Add the chopped sun-dried tomatoes and chopped Kalamata olives.
- Add freshly chopped herbs (or dried), crushed garlic and season with salt and pepper. Mix well and place in the fridge for 20-30 minutes to solidify.
- Remove the cheese mixture from the fridge and start creating 5 balls. You can use a spoon or an ice-cream scooper. Roll each ball in the grated parmesan cheese and place on a plate. Eat immediately or store in the fridge in an airtight container for up to a week.

Orange and Walnut Chocolate Fat Bombs



INGREDIENTS:

- 125g dark chocolates, 85% cocoa
- ¼ cup extra virgin coconut oil
- 1 1/3 cups walnuts, chopped
- ½ - 1 tbsp. orange peel, fresh or natural orange extract
- 1 tsp cinnamon
- 10-15 drops of stevia or another healthy low-carb sweetener

INSTRUCTIONS:

- Melt the chocolate in a water bath, add coconut oil and cinnamon. Sweeten with stevia if needed and mix well.
- Add fresh orange peel and orange food extract. Food extract is not needed but will boost the flavor.
- Add roughly chopped walnuts and mix in well.
- Spoon the mixture into small paper muffin or candy cups.
- Place in the fridge for a couple of hours or until solid. Store them at room temperature.

Fudge Fat Bombs



INGREDIENTS:

- 1 cup almond butter
- 1 cup coconut oil, at room temperature
- ½ cup unsweetened cocoa powder
- 1/3 cup coconut flour
- ¼ tsp powdered stevia or 1-2 tbsp. monk fruit sweetener
- 1/16 tsp pink Himalayan salt

INSTRUCTIONS:

- Over medium heat in a small pot, melt and combine almond butter and coconut oil.
- In the same pot, add dried ingredients and stir until well-combined.
- Allow mixture to cool slightly and taste test to determine if additional sweetener is needed. Add more as necessary depending on your preferences.
- Pour mixture into bowl and place in freezer for 90 minutes OR pour into silicone mold (if you choose to use a silicone mold, skip steps #4 and #5 and just allow the fat bombs to solidify in freezer, about 3-4 hours).
- Once solidified, remove bowl from freezer and form into balls. Tip: regularly wash hands under cold water and wipe with dry paper towel to avoid coconut oil melting in hands.
- Place formed balls on a flat tray or plate and return to freezer for 15-20 minutes.

Bulletproof Fat Bombs



INGREDIENTS:

- 1 cup creamed coconut milk or mascarpone cheese or full-fat cream cheese
- ¼ cup butter, grass-fed or extra virgin coconut oil
- 2 tbsp. MCT oil or Brain Octane Oil or more coconut oil
- 2 tbsp. raw cocoa powder, unsweetened
- ¼ cup Erythritol or Swerve, powdered, or another healthy low-card sweetener from the list
- 10-15 drops liquid Stevia extract
- ½ cup strong brewed coffee or caffeine-free chicory coffee

INSTRUCTIONS:

- Place the softened creamed coconut milk (or mascarpone cheese), butter or coconut oil, MCT oil and cocoa powder.
- Add powdered Erythritol and stevia into a blender and pulse until smooth.
- Pour in the prepared coffee (room temperature or lukewarm, not hot) and pulse again until smooth. Pour into the into the ice-cream maker and process according to the manufacturer's instructions. It may take anything between 30-60 minutes depending on your ice-cream maker. Using an ice-cream maker makes the texture smoother & creamy and also allows me to form the "bomb" shapes.
- Spoon about 2 tablespoons of the ice-cream into ice tray
- Place in the freezer for 2-3 hours or until firm.

Dark Chocolate Peppermint Patty Fat Bombs



INGREDIENTS:

Inner layer

- 2 tsp peppermint extract
- ½ cup coconut oil, solid, room temperature
- 3 tbsp. shredded coconut
- 2 tbsp. monk fruit sweetener or erythritol
- ¼ cup heavy cream

Chocolate layer

- 2 tbsp. + 1 tsp unsweetened cocoa powder
- 2 tbsp. butter
- 1 tbsp. heavy cream
- 100 g raw cocoa butter

INSTRUCTIONS:

- Using a hand mixer, mix together peppermint extract, coconut oil, shredded coconut, monk fruit sweetener (or erythritol), heavy cream at speed high enough to turn mixture into paste.
- Scoop mixture into silicone mold. Place silicone mold in freezer and freeze until solid, about 1-2 hours.
- In a microwave-safe bowl, in 30 second increments, microwave chocolate ingredients until melted, a little over 1-minute total. Stir after each microwave session. (Be very careful to watch during this process. The mixture should remain thick like melted chocolate).



Dark Chocolate Peppermint Patty Fat Bombs

- Remove silicone mold from freezer and pop coconut mixtures out.
 - Using a fork, carefully dunk coconut mixture into melted chocolate, place on parchment paper, and allow to harden in freezer. (Optional: after 10 or so minutes in the freezer, remove fat bombs and drizzle remaining chocolate over the top.)
 - Once chocolate-coating has hardened, remove from freezer and enjoy!
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Lemon Bar Fat Bombs



INGREDIENTS:

- 2 cups raw cashews, boiled for 12 minutes or soaked for 2 hours
- 1 cup coconut oil, melted
- ½ cup coconut butter
- Zest of 1 large lemon
- Juice of 2 large lemons
- ¼ cup coconut flour
- 1/3 cup shredded coconut
- 1/16 tsp pink Himalayan salt
- 1/16 – 1/8 tsp powdered stevia

INSTRUCTIONS:

- Combine all ingredients in food processor and blend until well-combined.
- Transfer mixture to medium-sized bowl and place in freezer for 20-30 minutes to cool (they may take slightly longer if you chose to boil the cashews rather than soak).
- Remove mixture from freezer and form into balls.
- Place balls in freezer for 20 minutes to harden. I recommend putting them on a cookie sheet or plate lined with parchment paper to avoid the bottoms sticking.
- Remove from freezer once solid. Store in airtight container in the refrigerator or freezer (you'll need to let them thaw for a little prior to eating if you choose to freeze them).

Berries and Cream Fat Bombs



INGREDIENTS:

- 2 cups frozen mixed berries
- 6 tbsp. butter, softened
- 8 oz. cream cheese, softened
- 2 tbsp. golden monk fruit sweetener
- 1 tsp vanilla extract

INSTRUCTIONS:

- In a microwave-safe bowl, microwave frozen berries until just thawed, about 1 minute, depending on wattage strength of microwave.
 - Combine all ingredients in food processor and blend until well-combined.
 - Spoon mixture into silicone mold and freeze for 4 hours, preferably overnight.
 - Remove from freezer, pop fat bombs out of molds, and enjoy!
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Peanut Butter and Jam Cups



INGREDIENTS:

- $\frac{3}{4}$ cup raspberries
- $\frac{1}{4}$ cup water
- 6 to 8 tbsp powdered Swerve Sweetener, divided
- 1 tsp grassfed gelatin
- $\frac{3}{4}$ cup creamy peanut butter
- $\frac{3}{4}$ cup coconut oil

INSTRUCTIONS:

- Line a muffin pan with 12 silicone or parchment paper liners.
- In a medium saucepan over medium heat, combine the raspberries and water. Bring to a boil and then reduce the heat and simmer 5 minutes. Mash the berries with a fork.
- Stir in 2 to 4 tbsp. of the powdered sweetener, depending on how sweet you like it. Whisk in the grass-fed gelatin and let cool while preparing the peanut butter mixture.
- In a microwave safe bowl, combine the peanut butter and coconut oil. Cook on high for 30 to 60 seconds, until melted. Whisk in 2 to 4 tbsp. of the powdered sweetener, depending on how sweet you like it (I only use 2 tbsp.).
- Divide half of the peanut butter mixture among the 12 cups and set in the freezer to firm up, about 15 minutes. Divide the raspberry mixture among the cups and top with the remaining peanut butter mixture.
- Refrigerate until firm. Keep refrigerated.

Caramel Apple Pie Fat Bombs



INGREDIENTS:

- 2 medium organic green apples cored and sliced
- 2 tbsp. coconut oil
- 1 tsp cinnamon
- 1 can coconut cream
- ½ cup coconut butter
- 20 drops English toffee stevia

INSTRUCTIONS:

- In a skillet, sauté the apples in the coconut oils until soft
 - Add the cinnamon and stir to coat
 - In a high-powered blender, combine the rest of the ingredients and blend on high until liquefied
 - Pour into silicon molds
 - Place into the freezer until firm
 - Pop out of molds and store in a plastic bag in the fridge
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Key Lime Pie Fat Bombs



INGREDIENTS:

- 2 cups raw cashews, boiled for 12 minutes or soaked 2 hours
- 1 cup coconut oil, melted
- ½ cup coconut butter
- ¾ cup key lime juice
- 1/8 tsp – ¼ tsp powdered stevia

INSTRUCTIONS:

- Combine all ingredients in food processor and blend until well-combined.
- Transfer mixture to medium-sized bowl and place in freezer for 20-30 minutes to cool (they may take slightly longer to cool if you chose to boil the cashews rather than soak).
- Remove mixture from freezer and form into balls.
- Place balls in freezer for 20 minutes to harden. I recommend putting them on a cookie sheet or plate lined with parchment paper to avoid the bottoms sticking.
- Remove from freezer once solid. Store in airtight container in the refrigerator or freezer (you'll need to let them thaw for a little prior to eating if you choose to freeze them)

Chocolate Chip Cookie Dough Fat Bombs



INGREDIENTS:

- 8 oz. cream cheese, softened
- 1 stick unsalted butter, softened
- ½ cup crunchy almond butter
- ½ cup golden mon fruit sweetener
- 2 oz. 100% cacao Baker's chocolate bar

INSTRUCTIONS:

- In a mixing bowl, using an electric mixer, mix all ingredients excluding chocolate until well-combined.
 - Refrigerate mixture for 30 minutes.
 - In a food processor, pulse chocolate until broken into small pieces.
 - Remove mixing bowl from refrigerator, fold in chocolate pieces, and form mixture into balls or scoop and flatten into silicone mold. (If forming fat bombs into balls, line plate with parchment paper and set fat bombs atop parchment paper.)
 - Harden fat bombs in freezer for 45 minutes.
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Blueberry Bliss Fat Bombs



INGREDIENTS:

- 2 cups raw cashews, boiled for 12 minutes or soaked for 2 hours
- 14 oz. frozen blueberries
- 1 cup coconut oil
- ½ cup coconut butter
- ¼ - ½ tsp stevia

INSTRUCTIONS:

- In a microwave-safe bowl, heat blueberries for about 1 minute, until just slightly warmed.
- Combine all ingredients in food processor and blend until well-combined.
- Transfer mixture to medium bowl and place in freezer for 30 minutes.
- Remove bowl from freezer and, using your hands, form mixture into small balls.
- Place balls on pan or plate and return to freezer for 30 minutes. I recommend putting them on a cookie sheet lined with parchment paper to avoid the bottoms sticking to a plate or pan.
- Remove from freezer and enjoy!

Cinnamon Roll Fat Bombs



INGREDIENTS:

Fat Bomb

- 8 oz. cream cheese, softened
- ½ cup butter, softened
- ½ cup crunchy almond butter
- ½ cup golden monk fruit sweetener
- 2 tsp cinnamon
- 1 tsp vanilla extract

Frosting

- - 1 tbsp. heavy whipping cream
- - 1 ½ oz. cream cheese, softened
- - 2 tsp golden monk fruit sweetener
- - ¼ tsp vanilla extract

INSTRUCTIONS:

- In a mixing bowl, using an electric mixer, mix all fat bomb ingredients until well-combined.
- Refrigerate mixture for 30 minutes.



Cinnamon Roll Fat Bombs

- Line plate with parchment paper.
 - Remove mixing bowl from refrigerator and form mixture into balls. Set fat bombs atop parchment-lined plate.
 - Harden fat bombs in freezer for 45 minutes.
 - For frosting, using an electric mixer in a small bowl, mix together all ingredients until fully incorporated.
 - Remove fat bombs from freezer and frost.
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Sea Salted Chocolate Fat Bomb



INGREDIENTS:

- ½ cup heavy whipping cream
- 1 teaspoon vanilla
- ½ cup coconut oil
- ½ cup sunflower butter
- 2 tablespoons cocoa powder
- 1/3 cup cream cheese
- 1 teaspoon cinnamon
- 3 tablespoons grass-fed butter
- 2 teaspoons coarse sea salt

INSTRUCTIONS:

- Whip heavy whipping cream until soft peaks form then add vanilla and fold in
- Place sun butter, coconut oil, butter cinnamon, cream cheese, and cocoa powder into the bowl of a food processor and process until smooth
- Gently fold sunbutter mixture into whipped cream until well combined
- Pipe mixture into silicone molds then sprinkle with coarse sea salt and freeze 6-8 hours or overnight.

Pumpkin Spice Fat Bombs



INGREDIENTS:

- Avocado oil cooking spray
- ½ cup pecans
- ½ cup coconut oil
- 4 oz. cream cheese, softened
- ½ cup pumpkin puree
- ¼ cup monk fruit sweetener
- 2 tsp pumpkin pie spice
- ¼ tsp cinnamon

INSTRUCTIONS:

- In a small pan over medium heat, spray avocado oil cooking spray and toast pecans until fragrant. Remove from heat and set aside to cool.
- In a medium-sized pot over medium-low heat, melt coconut oil and cream cheese until combined.
- Pour coconut oil and cream cheese mixture into medium-sized bowl and add pumpkin puree, monk fruit sweetener, and pumpkin pie spice. Mix together using electric hand mixer.
- Scoop mixture into silicone mold, top with toasted pecans, and sprinkle with cinnamon.
- Place silicone mold in freezer and freeze until solid, about 4 hours.
- Pop fat bombs out of silicone mold and enjoy!

Chocolate Covered Pumpkin Fat Bombs



INGREDIENTS:

- ¼ cup softened butter
- 1 tablespoon coconut oil
- 1/3 cup canned pumpkin
- 10 drops liquid stevia
- 1 teaspoon cinnamon (or pumpkin spice)
- 1/8 teaspoon nutmeg
- Pinch salt

Ganache

- - ½ bar lily's baking chocolate
- - 3 tablespoon coconut oil
- - 1 tablespoon coconut cream
- - 2 tablespoons chopped pepitas
- - Coarse salt to taste

INSTRUCTIONS:

- In a large bowl combine the softened butter, coconut oil, pumpkin, stevia, cinnamon and salt. Use a hand mixer to combine until smooth and creamy. Set the bowl in the fridge for 10-20 minutes to thicken and harden a little.



Chocolate Covered Pumpkin Fat Bombs

- In the meantime, chop up the chocolate bar and place it in a bowl. Microwave on medium power for 20-40 seconds until softened. Cover with plastic wrap or a plate and let it sit for 30 seconds. Then mix in the coconut oil and coconut cream and mix until smooth. If it becomes too thick, microwave in 10 second increments until it becomes fluid again.
 - If you don't use a microwave you can heat the chocolate in a double boiler, which is actually the best way to do it, just more work.
 - Remove the pumpkin mix from the fridge. Prepare a plate or sheet pan with parchment paper on it. Use a small scoop or tablespoon to shape 12 little balls. Place them on the parchment paper as you go.
 - Then with a spoon drizzle the chocolate mix liberally over the pumpkin balls. Remember you can be super cool and do spider shapes. If that's your thing.
 - Sprinkle the pepitas and salt all over.
 - Set in the freezer to harden at least 30 minutes.
 - Then break them apart (the chocolate will freeze together) and store in Tupperware in the freezer until ready to enjoy.
 - **Tip:** Set them out for 2-3 minutes before eating so they soften to yummy creaminess.
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Strawberries and Cream Fat Bombs



INGREDIENTS:

- 1 cup raw cashews, boiled for 12 minutes or soaked for 2 hours
- ½ cup coconut oil
- - ½ cup coconut butter
- - 2 cups frozen strawberries
- - 1/8 – 1/14 tsp powdered stevia

INSTRUCTIONS:

- In a microwave-safe bowl, microwave frozen strawberries until just thawed, about 45 seconds, depending on wattage strength of microwave.
- Combine all ingredients in food processor and blend until well-combined.
- Transfer mixture to medium-sized bowl and place in freezer for 20-30 minutes to cool (they may take slightly longer to cool if you chose to boil the cashews rather than soak).
- Remove mixture from freezer and form into balls.
- Place balls in freezer for 25 minutes to harden. I recommend putting them on a cookie sheet or plate lined with parchment paper to avoid the bottoms sticking.
- Remove from freezer once firm. Store in airtight container in freezer (allow to thaw prior to eating).

PBJ Fat Bombs



INGREDIENTS:

- ¼ cup coconut oil
- 1 tbsp. Brain Octane or MCT oil or melted coconut oil
- 2 cups frozen raspberries
- ¾ cup peanut butter
- ¼ cup coconut flour
- 1/8 tsp – ¼ tsp powdered stevia

INSTRUCTIONS:

- In a microwave-safe bowl, microwave frozen raspberries until just thawed, about 1 minute, depending on wattage strength of microwave.
- Combine all ingredients in food processor and blend until well-combined.
- Spoon mixture into silicone mold and freeze for 1 hour.
- Remove from freezer, pop fat bombs out of molds, and enjoy!

Raspberry Coconut Bark Fat Bombs



INGREDIENTS:

- ½ cup freeze dried raspberries
- ½ cup coconut butter
- ½ cup coconut oil
- ½ cup unsweetened shredded coconut
- ¼ cup powdered Swerve Sweetener

INSTRUCTIONS:

- Line an 8x8 pan with parchment paper.
- In a coffee grinder or small food processor, process dried berries until they are a fine powder. Set aside.
- In a medium saucepan over medium heat, combine coconut butter, coconut oil, shredded coconut, and sweetener. Stir frequently until all ingredients are well combined and melted.
- Pour about half of the mixture into the prepared baking pan. Add the raspberry powder to the remaining mixture in the pan and stir until well combined.
- Dollop the raspberry mixture otop the coconut mixture in the pan and swirl with a knife. Freeze or refrigerate until set and then break into chunks.

Mock Payday Fat Bombs



INGREDIENTS:

- ¼ cup refined coconut oil, melted
- 2 tbsp. salted butter, melted
- 2 tbsp. defatted peanut flour
- 1 tbsp. whey protein powder
- 2 doonks THM Pure Stevia Extract Powder
- A dash each of vanilla and maple extracts
- Small dash of salt
- If needed, peanuts

INSTRUCTIONS:

- Stir together all ingredients except for the salt and peanuts. Taste and add a very small dash of salt if necessary.
- Pour the candy mixture into molds or into a foil-lined container. Sprinkle with the desired number of peanuts. Freeze until hard, then remove from molds or break up into pieces.
- Store in freezer.

Cookies and Cream Fat Bombs



INGREDIENTS:

- ½ cup coconut oil
- 2 scoops Isopure Cookies and Cream Protein Powder
- ¼ cup macadamia nuts (optional)

INSTRUCTIONS:

- Heat a saucepan to low heat.
- Add the coconut oil and protein powder. Using a spatula stir the ingredients together until you get a smooth white consistency. The mixture will come together in under a minute.
- Pour into a silicone mold equally to make ten fat bombs. We poured about 80% of the way up for each fat bomb.
- Roughly chop the macadamia nuts and distribute over the 10 fat bombs evenly. Note: Any nut will work!
- Optional: sprinkle the fat bombs with a little sea salt to ramp up the flavor!
- Put the fat bombs in the freezer and allow to set for at least 2 hours.
- These can be stored in a zip lock bag in the freezer up to 2 months.

Greens Powder Fat Bombs Truffles



INGREDIENTS:

- 1 ½ cup unsweetened medium-shredded coconut
- 2 tablespoons greens + O powder, vanilla flavor
- ½ cup extra-virgin coconut oil, at room temperature

Cacao Truffles

- ½ cup cacao powder

Optional toppings

- Hemp hearts
- Chia seeds
- Unsweetened medium-shredded coconut

INSTRUCTIONS:

- Line a small baking sheet with parchment paper and set aside. If you're going to add toppings to your truffles, place a couple of tablespoons of topping ingredients in separate small bowls and set aside.
- Add coconut and greens powder to the bowl of your stand mixer or food processor with dough blade, or a large bowl and use a handheld mixer. Mix until coconut is covered in greens, then add coconut oil.
- Mix until everything is combined. The mixture should hold together nicely.
- Scoop dough, about 1 tablespoon at a time, into the palm of your hand. Roll lightly and place on prepared baking sheet. Repeat with remaining dough. Mixture should make 14 truffles.
- Once completed, transfer baking sheet to the fridge to cool for 15 minutes.
- Store in an air-tight container in the fridge for 5 days, or freezer for 2 months.