

KETODIET **Recipe**

RESULTS

Almond Coconut Fat Bomb

INGREDIENTS

½ cup Cocoa Butter (100 g)
¾ cup Cocoa Powder (75 g)
3 tbsp Almond Butter (50 g)
½ cup Shredded Coconut (50 g)
2 tbsp Swerve Erythritol (30 g)
Salt
Vanilla Extract
Almond Extract

NUTRITION (per serving)

Number of Servings - 9
209 Calories
Fat - 20 g
Protein - 3 g
Carbohydrate - 7 g
Fiber - 4 g
Sugar - 1 g
NET CARBS - 3 g

DIRECTIONS

1. Put the cocoa butter in a bowl on a double boiler to melt
2. When the cocoa butter is completely liquid, add the cocoa powder and 1 tbsp of Swerve, then mix until smooth
3. In a small saucepan, toast the unsweetened shredded coconut on medium heat, stirring constantly until golden brown
4. Mix almond butter with coconut, salt, vanilla extract, almond extract and 1 tbsp of Swerve
TIP: Almond extract optional, but flavor is strong so only use a few drops and taste!
5. Spoon enough chocolate into silicone muffin cups to cover the bottom
6. Place into the freezer to harden, and form the almond coconut mixture into patties
7. Once the bottom is set, fill each cup with a patty and cover with chocolate
TIP: Make a double batch and store in the freezer in an airtight container

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