

KETO *Fat* BOMBS

30 RECIPES



TOM HUNTER

 **CUSTOMKETODIET**

TABLE OF CONTENTS

Vanilla Cheesecake Fat Bombs Recipe	3	White Chocolate Keto Fat Bombs Recipe . . .	24
Raspberry Cream Fat Bombs Cream Jellies. . .	4	CBD Chocolate Coconut Fat Bombs	25
Keto Red Velvet Fat Bombs Recipe – “Low-Carb Smooth & Creamy”	5	Blackberry Coconut Fat Bombs – Keto Paleo	26
Keto Pina Colada Fat Bombs – Low Carb “Pineapple & Cream”	6	Blueberry Bliss Fat Bombs	28
Lemon and Poppy Seed Fat Bombs	8	Chocolate Cherry Fat Bombs.	30
Chocolate Fat Bombs – Rich and Creamy . . .	9	Raspberry Almond Chocolate Fat Bombs . . .	31
Keto Strawberry Fudge Recipe with Vanilla Cream Cheese	11	Easy Lemon Fat Bombs	33
Strawberry Fat Bombs For Mothers Day – Low Carb Strawberries & Cream Delights . . .	13	Low-Carb Mint Chocolate Strawberry Fat Bombs	35
Keto Matcha Fudge Fat Bombs!	14	Strawberry-filled Coconut Fat Bombs	37
Choc Peanut Butter Fat Bombs	15	Vanilla Turmeric Anti-Inflammatory Keto Fat Bombs.	38
Keto Cheesecake.	17	Gingerbread Fat Bombs Recipe	39
Coconut Ice Cream	19	Chocolate Covered Pumpkin Fat Bombs. . . .	40
Keto Mug Cake	20	Easy-Peasy Cookie Dough Fat Bombs	42
fudge fat bombs	21	Keto Apple Pie Fat Bombs	44
German Chocolate Fat Bombs.	23	Keto Chai Fat Bombs	46

VANILLA CHEESECAKE FAT BOMBS RECIPE

These Delicious Vanilla Cheesecake Fat Bombs are high on taste and will give you a long-lasting boost of energy. They're deliciously creamy and taste just like a cheesecake!

SERVINGS: 18

INGREDIENTS

- 9 oz** Cream Cheese softened
- 2 tsp** vanilla extract
- 2 oz** Erythritol
- 1 cup** Heavy Cream

INSTRUCTIONS

- 01.** Put the cream cheese, vanilla and erythritol in a kitchen aid or put in a bowl and mix with a hand mixer on low speed for 2 minutes, pausing to scrape down the sides of the bowl with a spatula, so as to achieve a smooth consistent texture.
- 02.** Add half of the Heavy Cream and mix for another 2 minutes. Let the bowl sit for 3-5 minutes as erythritol in its granulated form requires a little extra time to dissolve.
- 03.** Add the other half of the Heavy Cream and mix on medium speed for 3 minutes until the mixture is thick with firm peaks.
- 04.** Gently spoon the mixture into a piping bag and pipe into mini cupcake liners. Set in the fridge for at least 1 hour before enjoying.



NUTRITION

Serving	1 Fat Bomb
Calories	88 kcal
Carbohydrates	1 g
Protein	1 g
Fat	9 g
Saturated Fat	6 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	1 g
Cholesterol	21 mg
Sodium	56 mg
Potassium	8 mg
Sugar	1 g



RASPBERRY CREAM FAT BOMBS CREAM JELLIES

INGREDIENTS

- 1 pk** Raspberry Sugar Free Jello 9g packet
- 15 g** Gelatin Powder
- ½ cup** water boiling
- ½ cup** Heavy Cream

INSTRUCTIONS

- 01.** Dissolve gelatin and jello in boiling water.
- 02.** Add the cream slowly while stirring and continue to stir for 1 minute. If you add the cold cream in all at once and don't thoroughly mix, the jellies will split creating a layered effect.

03. Pour the mixture into candy molds and set in the fridge for at least 30 minutes. Enjoy!

NUTRITION

Serving	1 fat bomb
Calories	21 kcal
Carbohydrates	0.1 g
Protein	0.4 g
Fat	2 g
Saturated Fat	1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.5 g
Cholesterol	6 mg
Sodium	3 mg
Potassium	4 mg
Sugar	0.005 g

KETO RED VELVET FAT BOMBS RECIPE – “LOW-CARB SMOOTH & CREAMY”

Red Velvet isn't as hard to create as you might think. We've created a recipe for simple Low Carb Red Velvet Fat Bombs with only 1g net carb.

SERVINGS: 24

INGREDIENTS

- 100 g** 90% Dark Chocolate
- 125 g** Cream Cheese softened
- 100 g** Butter softened
- 3 Tbsp** natvia
- 1 tsp** vanilla extract
- 4 drops** Red Food Colouring
- ⅓ cup** Heavy Cream whipped

INSTRUCTIONS

- 01.** Melt the chocolate in a heatproof bowl over a small pot of simmering water. Make sure that the bowl isn't touching the water, as this will cause the chocolate to burn.
- 02.** While the chocolate is melting, mix together the remaining ingredients with a hand mixer on medium speed for 3 minutes. Ensure the mix is fully combined.
- 03.** With the hand mixer on low speed, slowly add the chocolate mixture to the other ingredients. Mix on medium speed for 2 minutes.



- 04.** Add the mixture to a piping bag and pipe the fat bomb mixture onto a lined tray. Set in the fridge for 40 minutes.
- 05.** Add the heavy cream to Whipping Canister and apply whipped cream to the fat bombs as pictured.

NUTRITION

Serving	1 fat bomb
Calories	59 kcal
Carbohydrates	0 g
Protein	0 g
Fat	6 g
Saturated Fat	3 g
Cholesterol	19 mg
Sodium	47 mg
Potassium	9 mg
Sugar	0 g



KETO PINA COLADA FAT BOMBS – LOW CARB “PINEAPPLE & CREAM”

A simple and very tasty snack that tastes just like a classic, our Low Carb Pina Colada Fat Bombs will take you back to those wonderful summer flavors. Without the need for sugar and alcohol.

SERVINGS: 16

INGREDIENTS

- 2 tsp** pineapple essence
- 3 tsp** Erythritol
- 2 Tbsp** gelatin

- ½ cup** boiling water
- ½ cup** Coconut Cream
- 1 tsp** rum extract
- 2 scoops** MCT Powder [Optional]

INSTRUCTIONS

- 01.** Dissolve the gelatin and erythritol in the boiling water in a heatproof jug and add the pineapple essence.
- 02.** Allow to cool for 5 minutes.
- 03.** Add the coconut cream and rum extract and continue stirring for 2 minutes.
- 04.** Pour into silicon molds and set for at least 1 hour, depending on the size of your mold.
- 05.** Gently remove from the mold and enjoy. Store in the fridge.

06. [Optional] If you want to get a real kick out of your fat bombs recipe try adding a scoop or two of MCT Powder but be sure to mix it well in the hot water first (that may require a stick blender)

NUTRITION

Serving	1 fat bomb
Calories	23 kcal
Carbohydrates	0.4 g
Protein	2 g
Fat	2g
Saturated Fat	2 g
Polyunsaturated Fat	0.02 g
Monounsaturated Fat	0.1 g
Sodium	5 mg
Potassium	20 mg
Fiber	0.1 g
Sugar	0.2 g



LEMON AND POPPY SEED FAT BOMBS

A sweet and zesty change to our fat bomb line up, these Low Carb Lemon and Poppy Seed Fat Bomb Cups are creamy and sweet with a little tartness. They are quick and easy to make, a great alternative for someone who doesn't enjoy chocolate.

SERVINGS: 18 MINI CUPS

INGREDIENTS

- 8 oz** Cream Cheese softened
- 3 Tbsp** Erythritol
- 1 Tbsp** Poppy Seeds
- 1** Lemon Zest only
- 4 Tbsp** Sour Cream
- 2 Tbsp** Lemon Juice

INSTRUCTIONS

- 01.** Place all ingredients in a bowl and using a hand mixer, mix on low speed, when ingredients are combined, mix on medium/high speed for 3 minutes.
- 02.** Gently spoon mixture into mini cupcake cases or place into a piping bag and pipe into mini cupcakes cases. Refrigerate for at least 1 hour.
- 03.** These cups will soften quickly in warm weather, we recommend to keep them refrigerated.

NUTRITION

Calories	60 kcal
Carbohydrates	1 g
Protein	1 g
Fat	5 g
Saturated Fat	3 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.2 g
Cholesterol	7 mg
Sodium	54 mg
Potassium	10 mg
Fiber	0.1 g
Sugar	1 g

CHOCOLATE FAT BOMBS – RICH AND CREAMY

These Sugar-Free Chocolate Fat Bombs are a delightful, sweet and fat-filled snack, a great addition to your afternoon coffee break

SERVING: 24

INGREDIENTS

- 8 oz** Cream Cheese softened
- 2 oz** natvia icing mix
- 1 tsp** vanilla essence
- 7 oz** Heavy Cream
- 5 oz** sugar free chocolate

INSTRUCTIONS

- 01.** Add the chocolate to a small heatproof bowl and place over a small saucepan of simmering water, ensuring that the bowl doesn't touch the water.
- 02.** Melt the chocolate completely and remove from the heat. Set aside.
- 03.** Place the softened cream cheese in a bowl, using your hand mixer, mix on medium speed until smooth.
- 04.** Add the Natvia Icing Mix and vanilla essence and mix on low speed until combined.
- 05.** Add the heavy cream and mix on medium speed until smooth and beginning to thicken.



- 06.** Pour in the melted chocolate and mix on medium speed, until all ingredients are completely combined and the mixture is firm enough to pipe.
- 07.** Add the mixture into a piping bag with a star nozzle. Pipe evenly into mini cupcake paper. We filled 24 cupcake papers, depending on your piping skills, you may get more or less.
- 08.** Cover the kisses and set in the fridge for at least 3 hours, or overnight for best results.
- 09.** Enjoy the kisses when set. They can be stored, covered in the fridge for up to 1 week, or frozen for up to 3 months.

NUTRITION

Serving	1 fat bomb
Calories	97 kcal
Carbohydrates	1 g
Protein	1 g
Fat	9 g
Saturated Fat	5 g
Cholesterol	21 mg
Sodium	33 mg
Potassium	19 mg
Fiber	0 g
Sugar	0 g

KETO STRAWBERRY FUDGE RECIPE WITH VANILLA CREAM CHEESE

A clever Keto Strawberry & Vanilla Fudge. So Sweet and Tasty... “You won’t believe how Delicious and Easy this Fudge is to make. Make it this Fudge in batches and keep it as Snack when you need some Energy or in between meals.

SERVINGS: 32 SQUARES

INGREDIENTS

Vanilla Layer

- 8 oz** Cream Cheese softened
- 8 oz** Butter softened

2 tsp vanilla extract

3 Tbsp Erythritol

Strawberry Layer

8 oz Cream Cheese softened

8 oz Butter softened

1 oz Strawberry Protein Powder low or no carb

INSTRUCTIONS

Vanilla Layer

01. Line a baking tray with parchment paper and set aside.

02. Place the softened cream cheese, softened butter, vanilla extract and erythritol in a bowl and mix with a hand mixer on low speed, slowly building up to medium/high speed until all ingredients are really well combined.



03. Pour the vanilla layer into the lined tray and smooth out as evenly as possible, set in the fridge for at least 30 minutes.

Strawberry Layer

01. As you did with the vanilla layer, place the softened cream cheese, butter and strawberry protein powder in a bowl. Mix on low speed with a hand mixer and slowly increase the speed to medium/high until all ingredients are really well combined.

02. Pour the strawberry layer on top of the vanilla layer, smooth it out and set in the fridge for 1 hour.

03. Cut your fudge into bite sized pieces and keep it cool, as it will soften very quickly in warm temperatures.

NOTES

When the fudge divided into single serves the protein and carbohydrate content

registers less than 1/2 gram each much less. So it protein and carbs do not register in the Nutrition Label.

NUTRITION

Serving	1 Fat Bomb
Calories	150 kcal
Carbohydrates	0 g
Protein	0 g
Fat	16 g
Saturated Fat	10 g
Cholesterol	46 mg
Sodium	146 mg
Potassium	22 mg
Sugar	0 g

STRAWBERRY FAT BOMBS FOR MOTHERS DAY – LOW CARB STRAWBERRIES & CREAM DELIGHTS

Strawberry Fat Bombs are a great low-carb keto snack our Cream Delight version makes them that much more delicious, providing a high serve of fat wrapped up in a delicious bite-sized snack.

SERVINGS: 10

INGREDIENTS

- 6 oz** Cream Cheese softened
- 5 fl.oz** Double Cream
- 1 oz** Vanilla Collagen Protein Powder
- 3 Tbsp** Coconut Oil plus extra 2 tsp for rolling
- 1 tsp** Strawberry Essence

INSTRUCTIONS

- 01.** Mix cream cheese, double cream, coconut oil and collagen protein powder with a hand mixer for 5 minutes, until well combined.
- 02.** Set the mixture in the fridge for 1 hour.
- 03.** When the mixture is set, rub your hands with a little coconut oil and shape the mix into 10 evenly sized fat bombs. The coconut oil will stop the mix from sticking to your hands.



04. Store the fat bombs in an airtight container in the fridge or freezer.

NUTRITION

Serving	1 fat bomb
Calories	179 kcal
Carbohydrates	0.5 g
Protein	3 g
Fat	17 g
Saturated Fat	12 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.3 g
Cholesterol	8 mg
Sodium	80 mg
Potassium	13 mg
Fiber	0.1 g
Sugar	1 g



KETO MATCHA FUDGE FAT BOMBS!

SERVINGS: 24

INGREDIENTS

- 3.5 oz** cocoa butter
- ½ cup** coconut butter
- ½ cup** sugar free maple syrup
- ⅓ cup** heavy cream
- 3 Tbsp** coconut oil
- 2 scoops** matcha mct powder
- 2 tsp** vanilla essence

INSTRUCTIONS

- 01.** Place all the ingredients in a small saucepan and place over low heat.
- 02.** Heat until the cocoa butter has melted, stir to combine all ingredients.

03. Pour the mixture into an 8x8 inch square cake pan, lined with parchment paper.

04. Set in the fridge for 3 hours, or until firm.

05. Cut into 24 pieces and serve.

NUTRITION

Serving	20 g
Calories	94 kcal
Carbohydrates	0 g
Protein	0 g
Fat	9 g
Saturated Fat	6 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	4 mg
Sodium	11 mg
Potassium	2 mg
Fiber	0 g
Sugar	0 g

CHOC PEANUT BUTTER FAT BOMBS

A very easy fat bomb recipe. Chocolate and filling with peanut butter and coconut oil for ample fat.

SERVINGS: 16

INGREDIENTS

- 2 Tbsp** coconut oil
- 2 Tbsp** cocoa powder unsweetened
- ½ cup** natural peanut butter
- ¼ cup** chia seeds
- 1 tsp** vanilla essence
- 2 Tbsp** xylitol (or your preferred sweetener)
- ⅓ cup** unsweetened shredded coconut

INSTRUCTIONS

- 01.** Melt Coconut Oil
- 02.** Put all ingredients “except melted coconut oil and shredded coconut” into a bowl and mix well.
- 03.** Add melted coconut oil and mix until combined. Place the mixture in the fridge for 30 minutes to allow the chia seeds to soak up the excess liquid and the coconut oil to set.
- 04.** Spread shredded coconut out onto a flat dinner plate or tray.
- 05.** Take one heaped tablespoon of the mix and roll it into a ball in the palm of your hand.
- 06.** Roll the fat bomb around in the shredded coconut until coated and place on a tray lined with baking paper.



07. When all of the mix has been rolled into fat bombs, place the tray in the refrigerator for 1 hour, or until the balls have firmed up.

08. When the fat bombs are firm they're ready to eat. Keep them in the fridge (particularly if you live in hot climates), they will keep for a week.

NUTRITION

Serving	1 fat bomb
Calories	86 kcal
Carbohydrates	3 g
Protein	2 g
Fat	7 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	20 mg
Potassium	84 mg
Fiber	2 g
Sugar	0 g



KETO CHEESECAKE

INGREDIENTS

- 24 oz** cream cheese or vegan cream cheese
- 2 cups** yogurt, such as coconutmilk yogurt
- 2 ½ tsp** pure vanilla extract
- 1 Tbsp** lemon juice, optional
- ⅔ cup** erythritol (sugar or maple syrup also work for non-keto)
- ¼ cup** almond flour

INSTRUCTIONS

01. Feel free to use a store-bought crust or make this crustless, or here is the crust

I used: 3 cups almond or pecan flour (you can pulse nuts in a food processor to make flour), 1/2 tsp salt, optional 2 tbsp coconut oil. Combine all ingredients, pour into a lined 8 or 9-inch springform, press down evenly, then set aside while you make the filling.

02. Preheat oven to 350 F. Fill any baking pan about halfway up with water, and place it on the oven's lower rack.

03. Bring cream cheese to room temperature, then beat all ingredients in a blender or food processor just until smooth (overbeating can cause cracking as it bakes). I do usually include the lemon for a classic cheesecake flavor, but it will still work if you don't have any on hand and need to leave it out.

04. Spread filling on top of prepared crust. Place on the middle rack (above the rack with the water pan).

05. Bake 30 minutes (or 38 minutes if using an 8-inch pan), and do not open the oven at all during this time. Once time is up, still do not open the oven, but turn off the heat and let the cheesecake sit in the oven an additional 5 minutes.

06. Then remove from the oven—it will still look underdone. Let cool on the counter 20 minutes, then refrigerate overnight, during which time it will firm up considerably. As I mention in the post, the cooling times are important so the cake cools gradually and thus does not crack. Store leftovers covered in the refrigerator 3-4 days, or slice and freeze if desired. If you make it, be sure to leave a review or rate it below!

NUTRITION

Amount Per Serving (Based On 12 Slices)

Calories	200
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Total Fat	17 g
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Saturated Fat	6.4 g
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Cholesterol	0 mg
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Sodium	240 mg
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Total Carb	4 g
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Net Carb	1.5 g
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Dietary Fiber	2.5 g
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Total Sugar	2 g
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Added Sugar	0 g
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Protein	4.5 g
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COCONUT ICE CREAM

Servings: 4-5

INGREDIENTS

- 1 ½ cup** canned coconut milk
- ½ cup** additional coconut milk OR milk of choice
- ¼ cup** sweetener of choice, such as sugar or pure maple syrup
- pinch** stevia or 1 additional Tbsp sweetener of choice
- ⅛ tsp** salt
- 1 ½ tsp** pure vanilla extract
- optional ingredients for desired flavor

INSTRUCTIONS

*Be sure to use full-fat canned coconut milk, not lite or coconutmilk beverage. Sweeteners that work include pure maple syrup, regular sugar, coconut sugar, honey, agave, brown sugar, or xylitol for a sugar-free ice cream.

01. Stir all ingredients (minus optional add-ins) together in a bowl. If you have an ice cream maker, simply transfer the mixture to your ice cream maker and churn according to manufacturer's directions for your specific machine.

02. If you don't have an ice cream maker, you can freeze the mixture in ice cube trays, then blend the frozen ice cubes in a high-speed blender such as a Vitamix.

03. Either eat the ice cream straight from the machine or freeze a few hours for



a firmer texture. While homemade ice cream is best the day it is made, you can technically keep it frozen for up to a few weeks and thaw before eating.

NUTRITION

Calories	195
Total fat	17.4 g
Cholesterol	0 mg
Sodium	85 mg
Potassium	192 mg
Total Carb	11.3 g
Protein	1.8 g



KETO MUG CAKE

INGREDIENTS

- ⅓ cup** almonds or pecans, or 6 Tbsp almond flour (nut-free version here)
- 1 Tbsp** + 2 tsp cocoa powder
- 1 Tbsp** sugar or sweetener of choice
- pinch** stevia, or additional 2 tsp sugar
- ⅛ tsp** salt
- ¼ tsp** baking powder
- 3 Tbsp** milk of choice (or 2 if using liquid sweetener)
- ¼ tsp** pure vanilla extract
- optional, chocolate chips or sugar free chocolate chips

INSTRUCTIONS

*If using almonds, grind them in a blender or food processor to achieve a flour-like consistency. It will be coarser than if you use almond flour (hence the almond pieces you can see in the photos), but both versions work.

- 01.** Combine all ingredients in a greased ramekin or small mug.
- 02.** Either bake in a preheated 350F oven for about 10 minutes, or cook in the microwave. If microwaving, time will vary depending on wattage and desired gooeyness. I started with 30 seconds, then added two 15-second intervals after that.
- 03.** The cake will look a bit gooey when it comes out, and it firms up as it cools. But there's no need to wait for it to firm up too much — this cake is meant to be eaten straight from the mug!

NUTRITION

Calories	195
Total fat	16.6 g
Cholesterol	0 mg
Sodium	292 mg
Total Carbohydrate	9.8 g
Protein	7.7 g



FUDGE FAT BOMBS

These Fudge Fat Bombs are the ultimate ketogenic dessert! This recipe is keto, low-carb, paleo, grain-free, gluten-free, dairy-free, vegetarian, vegan, refined-sugar-free, and contains only 1.4 grams of net carbs per serving!

INGREDIENTS

- 1 cup** almond butter or, for nut-free, No-Sugar-Added SunButter Sunflower Butter
- 1 cup** coconut oil, at room temperature
- ½ cup** unsweetened cocoa powder
- ⅓ cup** coconut flour
- ¼ tsp** powdered stevia (see note below) OR 1–2 Tbsp classic monk fruit sweetener, depending on sweetness preference (use code “REALBALANCED” for 20% off Lakanto brand products!)
- ⅛ tsp** pink Himalayan salt

INSTRUCTIONS

- 01.** Over medium heat in a small pot, melt and combine almond butter and coconut oil. To the same pot, add dried ingredients and stir until well-combined.
- 02.** Allow mixture to cool slightly and taste test to determine if additional sweetener is needed. Add more as necessary depending on your preferences.

03. Pour mixture into bowl and transfer to freezer to solidify, approximately 60-90 minutes, depending on the temperature of your freezer 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 2-3 hours).

04. 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. Enjoy!

NOTES

If you use stevia and use a brand that is different than the one I have linked here, you may need to add more. The brand of stevia that I use in this recipe is VERY potent

and a little bit goes a very long way! If you do use a different brand, I recommend taste testing the mixture while it is still in liquid form and adding more sweetener if necessary. Store fat bombs in airtight container in the freezer. When you want one, pop one out, allow to thaw for a few minutes, and eat up!

NUTRITION

Serves	30
Serving Size	1 Fat Bomb
Calories Per Serving	128
Total Fat	12.6 g
Total Carbohydrate	3.4 g
Dietary Fiber	2 g
Protein	2 g



GERMAN CHOCOLATE FAT BOMBS

SERVING: 6

INGREDIENTS

- ½ cup** raw cashews
- ½ cup** raw macadamia nuts
- ⅓ cup** unsweetened coconut shreds
- 2 Tbsp** raw cacao powder
- 2 Tbsp** full-fat canned coconut milk (BPA-free)
- 1 Tbsp** Brain Octane Oil or MCT oil

INSTRUCTIONS

01. In a food processor, blend all ingredients until consistency is doughy.

02. Take a spoonful of dough and press it in between your palms to condense and form the it into a ball.

03. Serve immediately or refrigerate for later.

NOTE

Except for coconut, all nuts are considered “suspect” on the Bulletproof Diet because of their high levels of omega-6 fats that can oxidize and contribute to inflammation. Nuts are also susceptible to mold and contain lectins, nutrient-sapping compounds that can be tough on your gut. Use nuts in moderation, or remove them from your diet and reintroduce in small amounts to test your sensitivity.

NUTRITIONAL

Amount Per Serving	
Calories	203
Protein	3 g
Total Carbs	7.8 g
Fiber	3.8 g
Sugars	1.7 g
Sugar Alcohols	0 g
Net Carbs	4 g
Fat	19 g
Saturated Fat	7 g
Cholesterol	0 g
Sodium	4 mg
Magnesium	54 mg
Potassium	136 mg

WHITE CHOCOLATE KETO FAT BOMBS RECIPE

Need a little more fat on your low carb high fat keto diet? Try this white chocolate fat bomb recipe. It's quick and easy to make with 3 basic ingredients.

SERVING: 8

INGREDIENTS

- ¼ cup** cocoa butter about 25 g
- ¼ cup** coconut oil about 35 g
- 10 drops** vanilla stevia drops

INSTRUCTIONS

- 01.** Melt together cocoa butter and coconut oil over low heat or in double boiler.
- 02.** Remove from heat and stir in vanilla flavored stevia drops.
- 03.** Pour into molds.
- 04.** Chill until hardened.
- 05.** Remove from molds and keep stored in the refrigerator.

NOTES

Makes 8 fat bombs (1 tablespoon healthy oil each)

Vanilla extract is a bit difficult to work in. I've found a powdered vanilla works a little better as does the powdered stevia extract.



NUTRITION

Amount Per Serving (1 fat bomb)

Calories	125
Calories from Fat	90
Total Fat	10 g
Total Carbohydrates	0g
Sugars	0 g
Protein	0 g
Net Carbs	0 g

CBD CHOCOLATE COCONUT FAT BOMBS

SERVINGS: 6

INGREDIENTS

- 10-20 mg** CBD oil (about 1-2 full droppers), or more to taste
- ½ cup** coconut butter
- ½ cup** raw cacao powder
- ½ cup** coconut oil
- 1 tsp** raw honey, birch xylitol or MitoSweet (optional)

INSTRUCTIONS:

- 01.** In a saucepan on low heat, melt coconut oil until liquified. Whisk in cacao powder until no lumps are visible. Add sweetener (if using), and stir again until dissolved.
- 02.** Using a silicone muffin pan, evenly pour cacao mixture into 6 cups. Refrigerate for 30 minutes, or until chocolate mixture is firm.
- 03.** In a saucepan on low heat, melt the coconut butter until just liquified. Remove from heat and whisk in CBD oil.
- 04.** Remove muffin mold from the refrigerator and add coconut butter mixture to the top of each cup. Refrigerate for an additional 30 minutes or until firm.
- 05.** Keep fat bombs stored in the refrigerator.



NUTRITION

Per Fat Bomb	
Calories	324
Protein	3 g
Carbs	10.6 g
Fiber	5.5 g
Sugars	1.17 g
Sugar Alcohols	0 g
Net Carbs	5.1 g
Fat	31.8 g
Saturated Fat	26 g
Monounsaturated Fat	1 g
Sodium	5.8 mg
Potassium	171 mg
Iron	3.1 mg



BLACKBERRY COCONUT FAT BOMBS – KETO PALEO

These sugar free blackberry coconut fat bombs are low carb and Paleo. Eat them between meals to stay in ketosis on a ketogenic diet during weight loss.

SERVINGS: 16 SQUARES

INGREDIENTS

- 1 cup** coconut butter see note for how to make homemade
- 1 cup** coconut oil
- ½ cup** fresh or frozen blackberries can use raspberries or strawberries if desired

½ tsp SweetLeaf stevia drops add a bit more for sweeter taste

¼ tsp vanilla powder or ½ tsp vanilla extract

1 Tbsp lemon juice

INSTRUCTIONS

01. Place coconut butter, coconut oil and blackberries (if frozen) in a pot and heat over medium heat just until well combined.

02. 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.

- 03.** Spread out into a small pan lined with parchment paper (I used 6x6-inch container)
- 04.** Refrigerate one hour or until mix has hardened.
- 05.** Remove from container and cut into squares.
- 06.** Store covered in the refrigerator.

NOTES

To make coconut butter, place about 2 cups unsweetened dried coconut flakes into food processor and process until butter forms (about 7-8 minutes).0.8g net carbs

The amount of berries can be increased for a sweeter and more intense berry taste.

NUTRITION

Amount Per Serving (1 square)	
Calories	170
Calories from Fat	168
Total Fat	18.7 g
Total Carbohydrates	3 g
Dietary Fiber	2.3 g
Protein	1.1 g
Net Carbs	0.7 g



BLUEBERRY BLISS FAT BOMBS

These Blueberry Bliss Fat Bombs are a delicious dairy-free keto dessert option to satisfy your sweet cravings! This recipe is keto, low-carb, paleo, gluten-free, grain-free, dairy-free, vegetarian, vegan, and refined-sugar-free!

INGREDIENTS

- 2 cups** raw cashews, boiled for 12 minutes or soaked for 2 hours
- 14 oz** fresh or frozen blueberries
- 1 cup** coconut oil
- ½ cup** coconut butter
- ¼ cup** classic monk fruit sweetener

INSTRUCTIONS

- 01.** In a microwave-safe bowl, heat frozen blueberries for about 1 minute, until just slightly warmed. If using fresh blueberries, heat in microwave for about 20 seconds, until just slightly warmed.
- 02.** Combine all ingredients in food processor and blend until well-combined. Transfer mixture to medium bowl and place in freezer for 30 minutes.
- 03.** Remove bowl from freezer and, using your hands, form mixture into small balls. Place balls on pan or plate and return to freezer for 30-40 minutes. (I recommend putting them on a cookie sheet lined with parchment paper to avoid the bottoms sticking to a plate or pan.)
- 04.** Remove from freezer and enjoy!

NUTRITION

Serves	30
Serving Size	1 fat bomb
Calories Per Serving	161
Total Fat	14.4 g
Total Carbohydrate	7.7 g
Dietary Fiber	3 g
Protein	2.2 g

CHOCOLATE CHERRY FAT BOMBS

These healthy Chocolate Cherry Fat Bombs are sweet and rich. Perfect for a keto diet or anyone wanting to consume more coconut oil.

SERVINGS: 12

INGREDIENTS

- ¼ cup** coconut oilmelted
- ¼ cup** coconut buttermelted*
- 3 Tbsp** cacao powder
- 5 drops** stevia
- ½ tsp** almond extract
- ½ tsp** vanilla extract
- ¾ cup** frozen dark sweet cherries thawed

INSTRUCTIONS

- 01.** Mix all ingredients except dark cherries.
- 02.** After the dark cherries have thawed, mash them with a fork. Mix cherries and their juices in chocolate mixture.
- 03.** With a tablespoon, spoon 1 tablespoonful each into mini cupcake liners or an ice cube tray. Freeze.
- 04.** Store in the fridge.

NOTES

I have found the easiest way to melt coconut butter is to boil some water. Then, reduce the heat to a simmer, and put the



jar in the water. Keep an eye on it, stirring occasionally. Use an oven mitt or towel to lift out of the water and stir some more. Now you have melted coconut butter!

NUTRITION

Calories	67kcal
Carbohydrates	2 g
Protein	0 g
Fat	6 g
Saturated Fat	4 g
Cholesterol	0 mg
Sodium	1 mg
Potassium	38 mg
Fiber	1 g
Sugar	1 g



RASPBERRY ALMOND CHOCOLATE FAT BOMBS

Easy dairy free chocolate to make for those pesky little cravings!

SERVINGS: 8

INGREDIENTS

- ¼ cup** almond butter
- ½ cup** coconut butter
- 1 Tbsp** unsweetened cocoa powder
- ¼ tsp** stevia powder
- 20 g** raw almonds
- 20 g** walnuts
- ¼ cup** raspberries (frozen)

INSTRUCTIONS

- 01.** In a bowl, mix together the coconut butter, almond butter, stevia powder and cocoa powder.
- 02.** Chop the almonds and walnuts.
- 03.** Microwave the raspberries for 40-60 seconds.
- 04.** Place some parchment paper over a square pan and pour the chocolate butter inside. Sprinkle the nuts over and cover with the melted raspberries.
- 05.** Place in the freezer for minimum one hour to freeze. Take it out and break it into 8 pieces (or more if you want smaller portions). Always keep frozen. You can transfer the chocolate pieces to a tupperware after it's frozen.

NOTES

If your coconut butter is frozen due to the cold weather, microwave it before use until it's runny.

NUTRITION

Amount Per Serving (1 piece)	
Calories	82
Calories from Fat	65
Total Fat	7.26 g
Saturated Fat	0.55 g
Total Carbohydrates	3.16 g
Dietary Fiber	1.7 g
Sugars	0.86 g
Protein	3.09 g

EASY LEMON FAT BOMBS

INGREDIENTS

(makes 16 servings)

7.1 oz coconut butter, softened (200 g) - you can make your own

¼ cup extra virgin coconut oil, softened (55 g / 2 oz)

1-2 Tbsp organic lemon zest or lemon extract (1-2 tsp) - it depends on your palate

15-20 drops Stevia extract (Clear or Lemon)

optional: pinch sea salt or pink Himalayan salt

INSTRUCTIONS

01. Zest the lemons and make sure the coconut butter and coconut oil are softened (room temperature). It's better if you use a very fine grater to avoid having large pieces of lemon peel in the fat bombs.

Make sure you use organic, unwaxed lemons in this recipe.

02. Mix all the ingredients in a bowl and make sure the lemon zest and stevia are distributed evenly. You can use clear, lemon or coconut stevia drops.

If you prefer a sweeter and less bitter taste (may be caused by too much stevia), use 2-4 tablespoons or powdered Erythritol instead.

03. Fill each mini muffin paper cup, or silicone candy mold with ~ 1 tbsp of the



coconut mixture and place on a tray that will fit in the fridge.

04. Place in the fridge for 30-60 minutes or until solid.

05. When done, keep refrigerated. Coconut oil and coconut butter get soft at room temperature. Enjoy!

NUTRITIONAL

Amount Per Serving	
Net carbs	0.8 g
Protein	0.8 g
Fat	11.9 g
Calories	114 kcal
Total carbs	2.6 g
Fiber	1.8 g
Sugars	0.8 g
Saturated fat	10.2 g
Sodium	13 mg (1% RDA)
Magnesium	4 mg (1% RDA)
Potassium	46 mg (2% EMR)

LOW-CARB MINT CHOCOLATE STRAWBERRY FAT BOMBS

These are the BEST Low-Carb Mint Chocolate Strawberry Fat Bombs! They are dairy free, nut free and gluten-free with 1g of net carbs — only 5 ingredients & a microwave needed!!

SERVINGS: 9

INGREDIENTS

Bottom chocolate layer:

- 4 oz** chocolate chips, sugar-free or baking chocolate
- 1 Tbsp** coconut oil
- ¼ tsp** mint flavor

Top Strawberry layer

- ¼ cup** coconut milk
- 1** large strawberry (or 2-3 small) finely diced

INSTRUCTIONS

Chocolate Layer

- 01.** Place the chocolate chips and the coconut oil in a microwave safe bowl or jug and melt in 20-30 second intervals, until runny.
- 02.** Stir well after each microwave burst to ensure chocolate doesn't burn.
- 03.** Add mint flavor and stir through.



04. Pour chocolate mixture into moulds to about 1/4 inch or 1/2 cm

05. Place in freezer to solidify for 15-20 minutes

Strawberry Layer

- 01.** Place coconut milk and strawberries in a microwave safe bowl or jug and heat for 30-45 secs. The mixture will be runny.
- 02.** Crush up the strawberries with a spoon or fork so they break up and the mixture turns pink. I used the end of a wooden spoon.

- 03.** Leave some strawberry chunks for texture.
- 04.** Remove the chocolate moulds from the freezer and check it has hardened (around 15 minutes)
- 05.** Pour the strawberry mixture on top of the chocolate layer (another quarter inch or 1/2 cm)
- 06.** Place in freezer to harden for at least 20 minutes or longer if possible.

NUTRITION

Amount Per Serving (1 fat bomb)	
Calories	70
Calories from Fat	54
Total Fat	6 g
Saturated Fat	4 g
Polyunsaturated Fat	1 g
Potassium	13 mg
Total Carbohydrates	8 g
Dietary Fiber	6 g
Protein	1 g

STRAWBERRY-FILLED COCONUT FAT BOMBS

SERVINGS: 15

INGREDIENTS

- 1/3 cup** coconut butter
- 1/3 cup** coconut oil + 1 Tbsp
- 1/2 Tbsp** cocoa powder
- 8-10 drops** of liquid stevia to taste
- 1/3 cup** fresh strawberries, diced (about 75g)
- 1 Tbsp** unsweetened shredded coconut

INSTRUCTIONS

01. In a bain-marie, add the coconut butter, 1/3 cup coconut oil, cocoa powder and a few drops of liquid stevia. Heat until fully melted.

02. Meanwhile, in a small frying pan, add the fresh strawberries and a few spoonfuls of water. Cook over medium heat until soft. Mash with a fork. Add the berries to a blender with 1 Tbsp of melted coconut oil and a few more drops of liquid stevia. Blend until smooth.

03. Fill molds with the melted coconut mixture. Add about 1 tsp of the strawberry mixture into each mold. Sprinkle with a few shreds of unsweetened coconut.

04. Place in the fridge until fully hardened; at least a couple of hours or overnight. Pop out of the molds and store in an air-tight container in the fridge.

05. Enjoy!



NUTRITION

Per Fat Bomb	
Calories	106
Carbs	2 g
Fibre	1 g
Net Carbs	1 g
Fat	11 g
Protein	1 g
Sugar	1 g



VANILLA TURMERIC ANTI-INFLAMMATORY KETO FAT BOMBS

SERVINGS: 5

INGREDIENTS

- 1** Vanilla Shortbread Collagen Protein Bar
- ¼ cup** unsweetened coconut flakes, plus extra to garnish
- ¼ tsp** ground turmeric
- ¼ tsp** ground ginger
- 1 Tbsp** Lemon FATwater, or filtered water

INSTRUCTIONS

- 01.** Place the dry ingredients into a food processor. Blend until well mixed and crumbled.
- 02.** Add the water to the food processor. Mix until dough forms.

- 03.** Form five small balls out of the dough.
- 04.** Roll the fat balls into more unsweetened coconut flakes.

NUTRITION

Per Serving	
Calories	62
Protein	3 g
Carbs	3 g
Fiber	2 g
Net Carbs	1 g
Sugar	1 g
Fat	5 g
Saturated Fat	1 g
Cholesterol	0 g
Sodium	26 mg
Potassium	21 mg



GINGERBREAD FAT BOMBS RECIPE

These fat bomb recipes have all of the flavors of a gingerbread cookie with none of the carbs. The best part is they are low carb and ready in 10 minutes!

SERVINGS: 16

INGREDIENTS

- 2 cups** Finely ground almond flour
- ⅔ cup** Swerve sweetener
- 1 tsp** Ground ginger

- ½ tsp** Ground cinnamon
- ½ tsp** Ground nutmeg
- ¼ tsp** Kosher salt
- 6 Tbsp** Melted butter
- 1 tsp** Molasses (optional)

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

NOTES

I put molasses as optional because that is not usually something most people keep in their pantry. If you leave it out, the fat bombs might be a little less rich in gingerbread flavor but it will not be a significant difference.

NUTRITION

Per Fat Bomb	
Calories	120 kcal
Fat	11 g
Carbs	3.5 g
Fiber	1.5 g
Protein	3 g

CHOCOLATE COVERED PUMPKIN FAT BOMBS

INGREDIENTS

- ¾ cup** softened butter
- 3 Tbsp** coconut oil
- 1 cup** canned pumpkin
- 30 drops** liquid stevia (or 3 tablespoon sweetener)
- 3 tsp** cinnamon (or pumpkin spice)
- ¾ tsp** nutmeg
- Pinch** salt

GANACHE

- 1 ½ bar** lily's baking chocolate

- 9 Tbsp** coconut oil
- 3 Tbsp** coconut cream
- 6 Tbsp** chopped pepitas (optional)
- Course salt to taste (optional)

INSTRUCTIONS

01. 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.

02. 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.

03. 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.

04. 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.

05. 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.

06. Sprinkle the pepitas and salt all over.

07. Set in the freezer to harden at least 30 minutes.

08. 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 the yummy creaminess.

NUTRITION

Serving Size	1
Calories	96
Fat	9.6 g
Carbohydrates	4.1 g
Fiber	2.3 g
Protein	0.4 g



EASY-PEASY COOKIE DOUGH FAT BOMBS

These paleo and keto cookie dough fat bombs are some of the easiest, yet tastiest, fat bombs you'll make. Think five ingredients and just 1g net carb each!

INGREDIENTS

- 144 g** almond flour
- ¼ tsp** kosher salt
- 84 g** grass-fed butter at room temperature
- 70-90 g** Swerve confectioners to taste*
- ½ tsp** vanilla extract

dark chocolate chipsto taste

For The Chocolate Coating (Optional)

dark chocolate such as Lily's, melted
flakey sea salt

INSTRUCTIONS

- 01.** 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!).
- 02.** 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.

03. 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.

04. Wrap cookie dough with cling film (saran wrap) and refrigerate for at least an hour.

05. 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.

06. 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.

NUTRITION

Amount Per Serving (20 g)	
Calories	94
Calories from Fat	81
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	12 mg
Sodium	78 mg
Total Carbohydrates	2 g
Dietary Fiber	1 g
Protein	2 g



KETO APPLE PIE FAT BOMBS

SERVINGS: 30

INGREDIENTS

- 1** small organic apple, sliced thin
- 1 tsp** ground Ceylon cinnamon
- 10 Tbsp** grass-fed butter, divided
- 4 tsp** non-GMO erythritol, birch xylitol, or stevia
- 4 tsp** vanilla, or 1 tsp powdered vanilla bean
- 1 tsp** pure maple extract
- 2 pinches** sea salt
- 1** Apple Pie Collagen Protein Bar, cut into chunks

INSTRUCTIONS

- 01.** In a small saucepan over medium heat, add 2 tablespoons of butter. When it bubbles, add apple, cinnamon, and sweetener. Cook for 2 minutes, stirring occasionally, until apples soften and sugars begin to caramelize.
- 02.** Add remaining butter, vanilla, maple extract, and salt. Stir until butter is melted and ingredients are incorporated.
- 03.** Add mixture to a high-powered blender and blend for 1 minute, or until mixture is smooth.
- 04.** Add collagen bar chunks and blend again for about 10 seconds, using the lowest speed to avoid damaging delicate proteins.
- 05.** Pour fat bomb mixture into silicone molds, a stainless steel ice cube tray, or a

lined muffin tin. Freeze for 3 hours, or until firm.

06. Remove fat bombs from molds and store covered in the freezer.

NUTRITION

Per Fat Bomb	
Calories	42
Total Fat	4.4 g
Saturated Fat	2.8 g
Cholesterol	10 mg
Sodium	15 mg
Total Carbs	1.6 g
Fiber	0.2 g
Sugars	0.5 g
Sugar Alcohols	0.5 g
Net Carbs	0.9 g
Protein	0.4 g
Calcium	1 mg
Potassium	9 mg



KETO CHAI FAT BOMBS

These keto chai fat bombs are a great way to satiate your hunger with good fats when on a keto or low carb diet. Using chai tea for flavor, this is a tasty low carb snack you could store in the freezer. Each piece as only 0.2g net carbs.

SERVINGS: 14

INGREDIENTS

2 bags Bengal Spice Tea
2 Tbsp butter
2 Tbsp coconut oil
2 Tbsp coconut butter
sweetener to taste

INSTRUCTIONS

01. Add all ingredients except the sweetener to a small sauce pan and mix

until melted together. Taste to see if you like without the sweetener. If not add a bit of sweetener until desired amount of sweetness.

02. Pour into silicone molds and place in the freezer for about an hour.

03. Store in a baggie in the freezer or refrigerator.

NUTRITION

Calories	45 cals
Fat	4.7 g
Carbs	0.4 g
Fiber	0.2 g
Protein	0.1 g
Net Carbs	0.2 g