



Chocolate Fat Bombs

Ingredients:

- 1/2 cup unsweetened cocoa OR cacao powder
- 1/2 cup organic coconut oil (unrefined, expeller pressed)
- 1/2 cup nut butter (salted or unsalted with no added sugar....should just have nuts, no other oils)
- Optional sweetener: Allulose powder, Stevia, Monk fruit powder. Start with 1-2 Tbs and add more to sweeten to desired taste.

Instructions:

Mix all ingredients together until smooth. Pour into small containers such as mini cupcake tin or small silicone molds. Suggested portion size is 1-2 Tbs of bomb batter. Place in freezer to set and store. Coconut oil softens when warmed so these will melt. Best eaten cold out of freezer or after a few minutes.

Notes:

Can add other keto low carb friendly foods such as chia seeds, hemp seeds, coconut flakes, ground flax seeds. These will give the bombs more fiber or other added benefits from these foods.

For larger or smaller quantities just change amounts of 3 main ingredients but keep in equal amount to each other (1 cup of each for example)