

# Blackberry Nut Fat Bombs

1.3 net carbs per serving for 12 servings.



LowCarbeDiem.com



## DIRECTIONS

Crush the macadamia nuts and press into the bottom of a baking dish or mold.

Bake 5 to 7 minutes at 325 F, or until golden brown.

Remove from oven and allow to cool slightly.

Spread a layer of softened cream cheese over the nut "crust."

In a bowl, mix together blackberries, mascarpone cheese, coconut oil, coconut butter, vanilla, lemon juice and sweetener (optional) until smooth and well-combined.

Pour mixture over the cream cheese layer. Freeze for 30 minutes to an hour. Remove and store in the fridge.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 2 ozs macadamia nut, crushed
- 4 ozs neufchatel cheese
- 1 c blackberries
- 3 tbsps mascarpone cheese
- 1 c coconut oil
- 1 c coconut butter
- 1/2 tsp vanilla extract
- 1/2 tsp lemon juice
- Preferred sweetener to taste

## Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

|                                |                         |
|--------------------------------|-------------------------|
| <b>Calories</b> 4622           | Calories from Fat: 4447 |
| <b>% Daily Values*</b>         |                         |
| <b>Total Fat</b> 521g          | 801%                    |
| Saturated Fat 404g             | 2018%                   |
| <b>Cholesterol</b> 116mg       | 39%                     |
| <b>Sodium</b> 469mg            | 20%                     |
| <b>Total Carbohydrates</b> 28g | 9%                      |
| Dietary Fiber 13g              | 52%                     |
| <b>Protein</b> 18g             |                         |
| <b>Vitamin A</b>               | 30%                     |
| <b>Vitamin C</b>               | 52%                     |
| <b>Calcium</b>                 | 17%                     |
| <b>Iron</b>                    | 15%                     |

\* Percent Daily Values are based on a 2000 calorie diet.