



Fat Bombs

for Atkins & Ketosis

Low
Carbe
Diem
seize the way

Allspice Dark Almond Fat Bombs

Makes 2 Servings | Per Serving: Cal 192, Net Carbs 2.5



Ingredients

- 2 tbsp almond butter
- 1 tbsp heavy cream
- 1 tbsp coconut oil
- 1 tsp cocoa powder
- 1/4 tsp allspice
- 4-5 drops liquid Splenda

Instructions

Put 2 tablespoons of peanut butter into a cup, mold or container.

Add 1 tablespoon of coconut oil, 1 tablespoon of heavy cream, 1 teaspoon of coca powder and ¼ teaspoon allspice to the mixture.

Stir well, then freeze for about 2 hours. Remove and enjoy!

Deep Chocolate Coconut Bombs

Makes 16 Servings | Per Serving: Cal 145, Net Carbs 2.3



Ingredients

- 2 cups shredded coconut (unsweetened)
- 1 cup coconut oil
- 4 oz cream cheese
- 2 tbsp honey
- 2 tbsp cocoa powder
- 2 packets Splenda
- 1/4 tsp cinnamon
- pinch of sea salt

Instructions

Warm the coconut oil over medium heat and add in all ingredients except for the cocoa powder.

Line a shallow pan with wax paper (or foil) and pour in the coconut mixture. Press it down, creating a solid layer.

Place the pan in the freezer until mixture is solid.

Remove from freezer. Melt the cocoa powder and cream cheese, and pour on top. Place it back in the freezer for 10-15 minutes.

Once it's solid, break it up and enjoy! Store the rest in the fridge.

Cinnamon Ball Fat Bombs

Makes 10-12 Balls



Ingredients

- 1 cup coconut butter
- 1 cup coconut milk
- 1 cup coconut shreds
- 1 tsp vanilla extract
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp Splenda

Instructions

Place a glass bowl over a sauce pan with a few inches of water inside, creating a double boiler. Place all ingredients except shredded coconut into your double boiler over medium heat.

Mix the ingredients as they melt, then remove from heat.

Place the bowl in the fridge until it's hard enough to roll into balls (30 mins).

Form the mixture into 1 inch balls and roll through the coconut shreds.

Place the balls on a plate and refrigerate for one hour. Serve and enjoy.

Keep refrigerated when not serving.

Vanilla Mocha Fat Bomb Pops

Per Tablespoon: Cal 83, Net Carbs <1



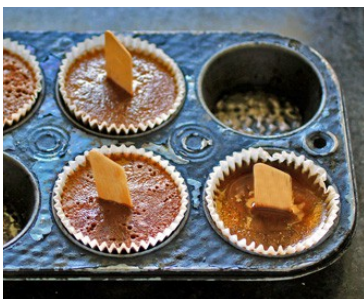
Ingredients

- 4 tbsp grass-fed butter
- 4 tbsp coconut oil
- 2 tbsp heavy cream
- 1/2 tsp coffee extract
- 1 tbsp cocoa powder
- 12 tsp Splenda

Instructions

Soften butter in the microwave. Add heavy cream and stir. Set aside to cool. Mix together coconut oil, cocoa powder, coffee extract and sweetener.

Let the butter cool, add it to the coconut oil mixture and blend well. Pour the heavy cream mixture into the muffin liners/tins first, creating the bottom white layer. Place into the refrigerator until firm, about 15 minutes.



Remove from fridge and pour in the remaining mocha mixture, filling the cups to the top. Add the popsicle sticks and freeze for an additional 20-30 minutes.

Black and White Peppermint Bombs



Ingredients

- 3/4 cup melted coconut butter
- 1/3 cup shredded coconut
- 3 tbsp coconut oil, melted
- 1/2 tsp peppermint extract
- 2 tbsp cacao powder

Instructions

Combine coconut butter, shredded coconut, 1 tablespoon of the coconut oil and peppermint extract. Mix well and pour into molds or mini cupcake liners/muffin tins, filling half way. Place in refrigerator to harden (about 15 minutes).

Mix together the remaining 2 tablespoons of coconut oil and cacao powder. Remove the mixture from the refrigerator pour the cacao mixture into each mold/liner. Place back in the refrigerator until the fat bombs have hardened.

Before serving, remove the bombs from the refrigerator and place on the counter for about 5 minutes.

Cinnabon Blonde Fat Bomb Bars

Makes 2 Servings | Per Serving: Cal 170, Net Carbs 1.5



Ingredients

- 1/2 cup creamed coconut, cut into squares
- 1/8 tsp cinnamon

First Icing

- 1 tbsp extra virgin coconut oil (not melted)
- 1 tbsp almond butter (or you may double the coconut oil)

Second Icing

- 1 tbsp extra virgin coconut oil or almond butter
- 1/2 tsp cinnamon

Instructions

Line a container with wax paper or use muffin/cupcake tins with liners.

In a bowl, mix the coconut cream and cinnamon. Pat into the dish or cupcake liners.

Make the First Icing: In a bowl, whisk together the coconut oil and almond butter. Spread this over the creamed coconut, and place in the freezer for 5-10 minutes.

Make the Second Icing: Using a whisk, mix the icing ingredients together in a bowl. Drizzle the icing over the bombs and freeze another 5 minutes.

Fat Pumpkin Butter Bombs



Ingredients

- 2 tbsp refined coconut oil
- 1/2 stick grass-fed butter, softened
- 1/2 cup pumpkin
- cinnamon
- nutmeg
- clove
- ginger
- Splenda to taste

Instructions

Melt coconut oil in the microwave until liquid and hot. Add the butter and whip well with a fork until blended.

Keep whipping and stir in the pumpkin until smooth and creamy. Add Splenda, spices and stir.

Drop by the spoonful onto parchment paper and place in the refrigerator until firm, about 10 minutes.

Remove from fridge, roll the fat bomb mixture into 1 inch size balls and place immediately back into the fridge for at least one hour.

Almond Pistachio Fat Bombs

Makes 36 Servings | Per Serving: Cal 170, Net Carbs 1.5



Ingredients

- 1/2 cup cacao butter, finely chopped and melted
- 1/4 cup pistachios, shelled and chopped
- 1 cup almond butter
- 1 cup coconut butter
- 1 cup coconut oil, firm
- 1/2 cup coconut milk, chilled
- 1 tbsp vanilla extract
- 1/4 tsp almond extract
- 1/4 cup ghee
- 2 tsp Chai spice
- 1/4 tsp sea salt

Instructions

Grease and line a 9 inch baking pan with parchment paper and set aside. Melt the cacao butter in a small saucepan over low heat (stirring often) and set aside.

Add all the ingredients except cacao butter and shelled pistachios, to a large mixing bowl.

Mix with a hand mixer on low speed, increasing to high until all ingredients are well blended. The mixture should be light and airy. Pour the melted cacao butter right into the almond mixture and continue mixing on low speed for a few minutes.

Transfer the mixture to the paper-lined pan, spreading as evenly as possible. Sprinkle with chopped pistachios and refrigerate until completely set, a minimum of 4-5 hours, but preferably overnight.

Seasonal Four Spice Fat Bombs

Makes 6 Servings | Per Serving: Cal 372, Net Carbs 1.7



Ingredients

- 8 ounces full fat cream cheese, softened
- 1/2 cup baking Splenda
- 1 tsp fresh ginger, grated
- 1 tsp ground cinnamon
- 1/2 tsp cloves, ground
- 1/2 tsp ground nutmeg
- 3/4 cup coconut oil

Instructions

Place all ingredients into a food processor, except the liquid coconut oil.

Process slowly, pouring the coconut oil into the cream cheese last.

Note: Pour VERY slowly in a thin stream.

Divide into 6 small chunks and roll into a ball. Refrigerate for 15 minutes and top with a dab of dark melted chocolate. Place back into the refrigerator until ready to eat.

10 Sec Orange Butter Pecan Fat Bomb Bites

Serving Size- 2 Pecan Sandwiches: Cal 89, Net Carbs 1



Ingredients

- 4 pecan halves, toasted
- 1/2 tbsp grass fed butter, unsalted
- 1/2 tsp finely grated orange zest
- 1 pinch sea salt

Instructions

Toast the pecans at 350° in the oven for 8-10 minutes, set aside and allow to cool.

Soften butter, add the orange zest and mix well until smooth and creamy.

Spread half of the grass fed butter-orange mixture between two pecan halves. Sprinkle with sea salt and enjoy.

Pumpkin Cheesecake Fat Bomb Squares

(Shared from Maria McWhinnie)



Ingredients

- 1/2 cup grass-fed butter
- 3 ounces cream cheese
- 1/2 cup pureed pumpkin
- 1/4 cup chopped pecans
- 4 tbsp Truvia, or desired sweetener
- 2 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp pumpkin spice
- 1/8 tsp salt

Instructions

Melt butter over medium high heat, stirring often.

Add pureed pumpkin and continue whisking. Add cream cheese, sweetener, chopped pecans and spices. Whisk until smooth, then add vanilla extract.

Mix completely and remove from heat. Line a 9 inch pan or dish with wax paper and pour fudge mixture into the pan.

Sprinkle with more pecans if desired and place in the freezer for 24 hours. When ready to slice, remove it by pulling out the wax paper and cut into pieces.

Store in a container with a lid in the freezer until ready to serve.

Almond Joy Fat Bombs

Makes 4 Servings | Per Serving: Cal 100, Net Carbs 1.5



Ingredients

- 2 tbsp coconut oil, melted
- 2 tbsp cocoa powder
- 1 tbsp almond butter
- 1 tbsp coconut flour
- Splenda to taste

Instructions

Mix the cocoa powder into the coconut oil. Add the almond butter and mix until smooth. Add the coconut flour and Splenda.

Pour into round molds and freeze for at least 10 minutes.

Optional: Once firm, use a toothpick to grab and dip each ball in a thin layer of melted dark chocolate. Place on wax paper and put back into the freezer for 5 minutes.

These fat bombs store well in the fridge *and* freezer.

Zesty Lemon Cheesecake Fat Bombs

Makes 14 Servings | Per Serving: Cal 92, Net Carbs <1



Ingredients

- 1/4 cup coconut oil, melted
- 4 tbsp grass-fed butter, softened
- 4 oz softened cream cheese
- zest of 1/2 lemon
- 1 tbsp lemon juice
- 2 tbsp Splenda

Instructions

Blend all ingredients with a hand mixer until smooth.

Pour into cupcake liners, tins or molds and freeze until firm, at least a few hours, preferably overnight.

Blueberry Coconut Cream Fat Bombs

Makes 20 Servings | Per Serving: Cal 140, Net Carbs 1



Ingredients

- 1 cup blueberries, fresh or frozen
- 1 stick grass-fed butter
- 4 oz cream cheese, softened
- ¼ cup coconut cream
- ¾ cup coconut oil
- Splenda to taste

Whole Berry Instructions: Place crushed blueberries into the bottom of a dish or pan. In a saucepan over low heat, melt the butter and coconut oil. Remove from heat and cool for 5 minutes.

Add remaining ingredients and whip well with a whisk or hand blender, adding Splenda slowly. Pour the mixture into the pan and place in freezer for 1 hour. Slice before serving and top with a few whole blueberries.

Pureed Berry Instructions: Place berries, coconut cream and softened cream cheese in a food processor or blender and puree until smooth.

In a saucepan over low heat, melt the butter and coconut oil. Cool slightly for 5 minutes, add Splenda and put back into the food processor. Puree again until smooth.

Pour into cupcake liners, tins or molds and freeze until firm, at least 1 hour.

Strawberry Swirled Mocha Fat Bombs

Makes 24 Servings | Per Serving: Cal 97, Net Carbs <1



Ingredients

- 4 tbsp grass-fed butter melted
- 4 tbsp coconut oil
- 2 tbsp cocoa powder
- 1/2 cup baking Splenda

Strawberry Swirl

- 1 tbsp grass-fed butter
- 1 tbsp coconut oil
- 1 tbsp heavy cream
- 1/4 cup strawberries, mashed
- 2 tbsp Splenda

Chocolate Layer

Soften butter in the microwave, then allow to cool slightly. Add coconut oil, cocoa powder and Splenda to the melted butter, mixing with a hand blender. Set aside.

Strawberry Swirl

Mash strawberries and add heavy cream. Microwave 10 seconds (until warm) and set aside. Melt butter and mix together the warm strawberry mix, coconut oil, sweetener and butter. Use a stick blender or whisk rapidly until well combined.

Instructions

Pour the chocolate mixture into a mold or cupcake liners. Add the strawberry to the center of your fat bombs and swirl with a toothpick. Freeze for 20 minutes, until firm.

Speckled Bacon Maple Butter Fat Bombs

Makes 24 Servings | Per Serving: Cal 115, Net Carbs 1



Ingredients

- 8 oz cream cheese, softened
- 1/2 cup grass-fed butter
- 4 tsp bacon fat
- 4 tbsp coconut oil
- 1/4 cup Sugar free maple syrup (or maple extract and Splenda to taste)
- 8 strips cooked crispy bacon, crumbled

Instructions

Combine all ingredients, setting aside some crumbled bacon, and melt slowly in the microwave for 10 second intervals until smooth.

Pour into a dish or pan and place in the freezer until firm, about 15 minutes.

Remove from freezer, sprinkle with more crumbled bacon, slice and serve.

Peanut Butter Cinnamon Chocolate Bombs



Ingredients

- 4 tbsp coconut oil
- 4 tbsp dark chocolate cocoa
- 1/4 cup chopped walnuts or almonds
- 1/2 cup peanut butter
- 3 tsp Splenda
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- sea salt

Instructions

Melt coconut oil in microwave for 45 seconds.

Stir in cocoa, Splenda and vanilla, mixing well until smooth. Fold in chopped nuts.

Pour chocolate mixture into a pan or dish and spread evenly.

Mix together the cinnamon and peanut butter, and gently pour over the chocolate mixture. Sprinkle with sea salt, then freeze for 20 minutes. Slice before serving.

Stacked Chocolate Mint Coconut Bombs

Makes 12 Servings | Per Serving: Cal 168, Net Carbs 1



Ingredients

- 3/4 cup coconut oil
- 1/4 cup cocoa powder
- 1/4 cup peanut butter
- liquid Splenda to taste, about 18 tsp equivalent, divided

Heat coconut oil until melted. Divide among three bowls.

In one bowl, stir in the cocoa powder until completely dissolved. Add liquid Splenda to taste, about 6 drops.

In another bowl, add peanut butter to the coconut oil and blend until smooth. Add Splenda to taste.

In the last bowl, just add Splenda to taste.

To make individual fat bombs, use a square mold or muffin cups. Divide the chocolate flavored oil among 12 small cups. Set the mixture into the refrigerator until firm, about 10 minutes.

Spoon the peanut butter mixture on top of the chocolate layer. Return to the refrigerator to set.

When firm, remove the molds from the fridge and pour the remaining clear layer over the peanut butter. Chill until ready to serve.

Walnut Nutter Butter Bomb

Makes 8 Servings | Per Serving: Cal 145, Net Carbs 2.5



Ingredients

- 4 tbsp grass-fed butter
- 1/2 cup plain almond butter
- 1/2 cup coconut oil
- 3 tsp Splenda
- couple pinches of kosher salt
- dark chocolate melted if desired
- chopped walnuts

Instructions

Combine all ingredients in a small dish or bowl and warm in the microwave for 30 seconds. Whisk until well blended.

Pour into cupcake liners, muffin tins or molds and place into the freezer until firm, about an hour. Before serving, top with a dollop of melted dark chocolate.