

# Deep Chocolate Coconut Bombs

1.3 net carbs per serving for 12 servings.



LowCarbeDiem.com

Warm the coconut oil over medium heat and add the shredded coconut, cinnamon, pinch of salt and Splenda (or sweetener of choice).

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

Place the pan in the freezer until mixture is firm.

Remove from freezer. Melt the cocoa powder and cream cheese, and pour on top.

Place it back in the freezer for 10 to 15 minutes. Optional: Continue layering the coconut and chocolate for a striped effect.

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

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

- 2 c coconut shreds
- 1 c coconut oil
- 4 ozs neufchatel cheese
- 2 tbsps cocoa powder
- 4 tsps Splenda (or equiv)
- 1/4 tsp cinnamon
- sea salt, pinch

## Nutrition Facts

Amount Per Serving		
<b>Calories</b>	2766	Calories from Fat: 2567
		<b>% Daily Values*</b>
<b>Total Fat</b>	300g	462%
Saturated Fat	252g	1261%
<b>Cholesterol</b>	86mg	29%
<b>Sodium</b>	487mg	20%
<b>Total Carbohydrates</b>	33g	11%
Dietary Fiber	18g	73%
<b>Protein</b>	19g	
<b>Vitamin A</b>		26%
<b>Vitamin C</b>		8%
<b>Calcium</b>		13%
<b>Iron</b>		34%

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