

Allspice Dark Almond Fat Bombs

1.5 net carbs per serving for 2 servings.



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



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

Add 1 tablespoon of coconut oil, 1 tablespoon of heavy cream, 1 teaspoon of cocoa powder and 1/4 teaspoon allspice. Blend well.

Freeze for about 2 hours, remove and enjoy.

Optional: Top with chopped almonds

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

Nutrition Facts

Amount Per Serving		
Calories	372	Calories from Fat: 324
% Daily Values*		
Total Fat	38g	58%
Saturated Fat	17g	86%
Cholesterol	20mg	7%
Sodium	10mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	4g	15%
Protein	5g	
Vitamin A		4%
Vitamin C		1%
Calcium		10%
Iron		8%

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

Almond Joy Fat Bombs

1.8 net carbs per serving for 4 servings.



2 tbsps almond butter
2 tbsps coconut oil, melted
2 tbsps cocoa powder
1 tbsp coconut flour
Splenda (or equiv), to taste



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

Place on wax paper and put into the freezer for 5 minutes.

Optional: Once firm, use a toothpick to grab and dip each ball in a thin layer of melted dark chocolate. Freeze another 5 minutes or until firm.

These fat bombs store well in the fridge and freezer.

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

Nutrition Facts

Amount Per Serving		
Calories	709	Calories from Fat: 579
		% Daily Values*
Total Fat	52g	79%
Saturated Fat	30g	152%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	17g	6%
Dietary Fiber	10g	41%
Protein	9g	
Vitamin A		0%
Vitamin C		0%
Calcium		10%
Iron		15%

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

Almond Pistachio Fat Bombs

1.3 net carbs per serving for 24 servings.



- 1/2 c cocoa butter, melted
- 1/4 c pistachio nuts, chopped
- 1 c coconut butter
- 1 c almond butter
- 1 c coconut oil, firm
- 1 tsp coconut milk, chilled
- 1 tbsp vanilla extract
- 1/4 tsp almond extract
- 1/4 c ghee
- 2 tsps Chai spice
- 1/4 tsp sea salt



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

Add the remaining ingredients - except the cocoa butter and chopped pistachios - to a large mixing bowl.

Hand mix on low speed, increasing to high until all ingredients are well blended, and the mixture is light and airy.

Pour the melted cocoa butter into the almond mixture and continue mixing on low speed 1 to 2 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 to 5 hours - preferably overnight.

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

Nutrition Facts

Amount Per Serving	
Calories	7014
Calories from Fat: 6612	
% Daily Values*	
Total Fat	770g 1185%
Saturated Fat	496g 2482%
Cholesterol	140mg 47%
Sodium	517mg 22%
Total Carbohydrates	61g 20%
Dietary Fiber	28g 111%
Protein	45g
Vitamin A	42%
Vitamin C	9%
Calcium	73%
Iron	70%

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

Bacon Maple Butter Fat Bombs

.5 net carbs per serving for 24 servings.



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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.

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

- 8 ozs neufchatel cheese, softened
- 1/2 c unsalted butter
- 4 tsps bacon fat
- 4 tbsps coconut oil
- 8 bacon slices, cooked and crumbled
- 1/4 c sugar free maple syrup
- OR maple extract and liquid Splenda
(add the extra carbs to recipe totals)

Nutrition Facts

Amount Per Serving		
Calories	2322	Calories from Fat: 2167
		% Daily Values*
Total Fat	242g	372%
Saturated Fat	155g	773%
Cholesterol	482mg	161%
Sodium	1822mg	76%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	39g	
Vitamin A		121%
Vitamin C		28%
Calcium		20%
Iron		9%

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

Black & White Peppermint Bombs

1.5 net carbs per serving for 2 servings.



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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 the fridge to harden (about 15 minutes).

Mix together the remaining 2 tablespoons of coconut oil and cocoa powder. Remove the mixture from the refrigerator and pour the cocoa mixture on top. Place back in the fridge until firm.

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

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

- 3/4 c coconut butter
- 1/3 c coconut shreds
- 3 tbsps coconut oil
- 2 tps cocoa powder
- 1/2 tsp peppermint extract

Nutrition Facts

Amount Per Serving		
Calories	1862	Calories from Fat: 1833
% Daily Values*		
Total Fat	218g	336%
Saturated Fat	187g	937%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	4g	14%
Protein	2g	
Vitamin A		0%
Vitamin C		1%
Calcium		1%
Iron		7%

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

Blueberry Coconut Cream Fat Bombs

1 net carb per serving for 20 servings.



- 1 c blueberries
- 8 ozs unsalted butter
- 4 ozs neufchatel cheese, softened
- 1/4 c coconut cream
- 3/4 c coconut oil
- Splenda (or equiv), to taste



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Whole Berry Instructions

Place crushed blueberries in 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. Optional: Add a teaspoon of crushed walnuts or almonds to the bottom of each cupcake liner for a crunchy low carb crust.

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

Nutrition Facts

Amount Per Serving		
Calories	3610	Calories from Fat: 3453
		% Daily Values*
Total Fat	395g	608%
Saturated Fat	292g	1459%
Cholesterol	583mg	194%
Sodium	489mg	20%
Total Carbohydrates	24g	8%
Dietary Fiber	5g	22%
Protein	16g	
Vitamin A		167%
Vitamin C		34%
Calcium		15%
Iron		13%

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

Chocolate Peanut Butter Coconut Bombs

.7 net carbs per serving for 12 servings.



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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, add 1 teaspoon of coconut oil and Splenda to taste.

To make single-serving 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 coconut layer over the peanut butter. Chill until ready to serve. Optional: Sprinkle with shredded coconut or chopped nuts.

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

Nutrition Facts

Amount Per Serving		
Calories	1841	Calories from Fat: 1689
		% Daily Values*
Total Fat	199g	307%
Saturated Fat	150g	749%
Cholesterol	0mg	0%
Sodium	306mg	13%
Total Carbohydrates	20g	7%
Dietary Fiber	11g	44%
Protein	20g	
Vitamin A		0%
Vitamin C		0%
Calcium		5%
Iron		24%

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

- 3/4 c coconut oil
- 1/4 c cocoa powder
- 1/4 c peanut butter
- liquid Splenda, to taste

Cinnabon Blonde Fat Bomb Bars

2.5 net carbs per serving for 2 servings.



- 1/2 c coconut cream, cut into squares
- 1/8 tsp cinnamon
- First Icing
 - 1 tbsp coconut oil
 - 1 tbsp almond butter
- Second Icing
 - 1 tbsp coconut oil
 - 1/2 tsp cinnamon



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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 to 10 minutes.

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

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

Nutrition Facts

Amount Per Serving

Calories 730 Calories from Fat: 666

% Daily Values*

Total Fat	78g	120%
Saturated Fat	61g	307%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrates	10g	3%
Dietary Fiber	5g	18%
Protein	7g	
Vitamin A		0%
Vitamin C		6%
Calcium		6%
Iron		19%

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

Cinnamon Ball Fat Bombs

1.6 net carbs per serving for 10 servings.



- 1 c coconut butter
- 1 c coconut milk
- 1 c coconut shreds
- 1 tsp vanilla extract
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp Splenda (or equiv)



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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 the double boiler over medium heat.

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

Place the bowl in the fridge until it's firm enough to roll into balls, about 20 to 30 minutes.

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.

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

Nutrition Facts

Amount Per Serving		
Calories	2729	Calories from Fat: 2590
		% Daily Values*
Total Fat	309g	475%
Saturated Fat	266g	1330%
Cholesterol	0mg	0%
Sodium	52mg	2%
Total Carbohydrates	29g	10%
Dietary Fiber	13g	53%
Protein	8g	
Vitamin A		0%
Vitamin C		16%
Calcium		6%
Iron		35%

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

Deep Chocolate Coconut Bombs

1.3 net carbs per serving for 12 servings.



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

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

Fat Pumpkin Butter Bombs

1.7 net carbs per serving for 2 servings.



- 4 tbsps unsalted butter
- 2 tbsps coconut oil
- 1/2 c pumpkin
- ginger
- clove
- nutmeg
- cinnamon
- liquid Splenda, to taste



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Melt coconut oil in the microwave until liquified 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 on 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.

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

Nutrition Facts

Amount Per Serving

Calories 657 Calories from Fat: 638

% Daily Values*

Total Fat	73g	113%
Saturated Fat	52g	261%
Cholesterol	124mg	41%
Sodium	7mg	0%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	1g	
Vitamin A		53%
Vitamin C		9%
Calcium		3%
Iron		3%

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

Lemon Zest Cheesecake Fat Bombs

.25 net carbs per serving for 12 servings.



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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.

Sprinkle with lemon zest. Variations: Also try topping with chopped nuts, shredded coconut or melted dark chocolate.

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

- 1/4 c coconut oil, melted
- 4 tbsps unsalted butter, softened
- 4 ozs neufchatel cheese, softened
- 1 tbsp lemon zest, finely grated
- 1 tsp lemon juice
- 2 tps Splenda (or equiv)

Nutrition Facts

Amount Per Serving		
Calories	1176	Calories from Fat: 1119
		% Daily Values*
Total Fat	127g	195%
Saturated Fat	93g	463%
Cholesterol	210mg	70%
Sodium	460mg	19%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	3%
Protein	12g	
Vitamin A		60%
Vitamin C		17%
Calcium		11%
Iron		3%

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

Orange Butter Pecan 10 Sec Fat Bombs

.8 net carbs per serving for 2 pecan sandwiches.



- 4 pecan halves
- 1/2 tbsp unsalted butter
- 1 oz neufchatel cheese
- 1/2 tsp orange zest, finely grated
- pinch sea salt



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

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

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

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

Nutrition Facts

Amount Per Serving	
Calories 163	Calories from Fat: 145
% Daily Values*	
Total Fat 16g	25%
Saturated Fat 8g	40%
Cholesterol 37mg	12%
Sodium 114mg	5%
Total Carbohydrates 1g	0%
Dietary Fiber trace	2%
Protein 3g	
Vitamin A	11%
Vitamin C	2%
Calcium	3%
Iron	1%

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

Peanut Butter Cinnamon Chocolate Bombs

1.6 net carbs per serving for 12 servings.



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Melt coconut oil in a 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.

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

- 4 tbsps coconut oil
- 4 tbsps cocoa powder
- 1/4 c walnuts, chopped
- 1/2 c peanut butter
- 3 tpsps Splenda (or equiv)
- 1 tsp vanilla extract
- 1/4 tbsp cinnamon
- sea salt, to taste

Nutrition Facts

Amount Per Serving		
Calories	1491	Calories from Fat: 1187
		% Daily Values*
Total Fat	141g	217%
Saturated Fat	63g	317%
Cholesterol	0mg	0%
Sodium	608mg	25%
Total Carbohydrates	37g	12%
Dietary Fiber	17g	69%
Protein	44g	
Vitamin A		2%
Vitamin C		2%
Calcium		12%
Iron		39%

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

Photo credit: Itty Bitty Bakes - Thank you!!

Pumpkin Cheesecake Fat Bomb Squares

1.3 net carbs per serving for 12 servings.



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(Shared from Maria McWhinnie)

Melt butter over medium high heat, stirring often.

Add pureed pumpkin and continue whisking. Add cream cheese, Splenda, 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 by pulling on the wax paper. Cut into serving size pieces.

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

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

- 1/2 c unsalted butter
- 3 ozs neufchatel cheese
- 1/2 c pumpkin, pureed
- 1/4 c chopped pecans
- 2 tsps vanilla extract
- 1 tsp cinnamon
- 1/2 tsp pumpkin spice
- 1/8 tsp sea salt
- 2 tbsps Splenda (or equiv)

Nutrition Facts

Amount Per Serving		
Calories	1279	Calories from Fat: 1161
		% Daily Values*
Total Fat	132g	203%
Saturated Fat	71g	357%
Cholesterol	313mg	104%
Sodium	589mg	25%
Total Carbohydrates	18g	6%
Dietary Fiber	4g	15%
Protein	12g	
Vitamin A		108%
Vitamin C		11%
Calcium		14%
Iron		13%

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

Seasonal Four Spice Fat Bombs

2 net carbs per serving for 6 servings.



- 8 ozs neufchatel cheese, softened
- 1/2 c Splenda (baking or equiv)
- 1 tsp ginger
- 1 tbsp cinnamon
- 1/2 tsp cloves, ground
- 1/2 tsp nutmeg
- 3/4 c coconut oil



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Place all ingredients into a food processor - except the 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 balls. Refrigerate for 15 minutes and top with a dab of melted, sugar free or dark chocolate.

Place back into the refrigerator until ready to eat.

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

Nutrition Facts

Amount Per Serving	
Calories	2033
Calories from Fat: 1911	
% Daily Values*	
Total Fat	218g
Saturated Fat	175g
Cholesterol	173mg
Sodium	911mg
Total Carbohydrates	8g
Dietary Fiber	5g
Protein	23g
Vitamin A	52%
Vitamin C	5%
Calcium	27%
Iron	20%

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

Strawberry Mocha Swirl Fat Bombs

1 net carb per serving for 24 servings.



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Chocolate

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 add the warm strawberry mix, coconut oil and Splenda. Use a stick blender or whisk rapidly.

Fat Bomb 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, then pop the fat bombs out of the mold. Store in an airtight container in the freezer.

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

- 4 tbsps unsalted butter
- 4 tbsps coconut oil
- 2 tbsps cocoa powder
- 1/2 c Splenda (or equiv)
- Strawberry Swirl
- 1 tbsp unsalted butter
- 1 tbsp coconut oil
- 1 tbsp heavy cream
- 1/4 c strawberries
- 2 tbsps Splenda (or equiv)

Nutrition Facts

Amount Per Serving		
Calories	1182	Calories from Fat: 1066
		% Daily Values*
Total Fat	133g	204%
Saturated Fat	99g	495%
Cholesterol	176mg	59%
Sodium	16mg	1%
Total Carbohydrates	29g	10%
Dietary Fiber	4g	18%
Protein	3g	
Vitamin A		48%
Vitamin C		35%
Calcium		5%
Iron		10%

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

Vanilla Mocha Fat Bomb Pops

.5 net carbs per serving for 2 servings.



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Make the vanilla layer: Soften butter in the microwave until liquified. Add 2 tablespoons heavy cream and stir. Set aside to cool.

Once cool, add the vanilla and and blend well.

Make the mocha layer: Mix together coconut oil, cocoa powder, coffee extract and sweetener of choice.

- 4 tbsps unsalted butter
- 2 tbsps heavy cream
- 1/2 tsp vanilla extract
- 4 tbsps coconut oil
- 1 1/2 tbsps cocoa powder
- 1/2 tsp coffee extract
- 3/4 tsp liquid Splenda

Pour the vanilla mixture into muffin liners / tins, creating the bottom white layer. Place into the refrigerator until firm, about 15 minutes.

Remove from fridge and pour in the mocha mixture, filling cups to the top. Optional: top with a very thin layer of melted dark chocolate. Add popsicle sticks and freeze 20 to 30 minutes.

Tip: Cover the muffin tin with plastic wrap and push the popsicle sticks through. The plastic layer will help support the sticks if your bombs aren't firm enough.

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

Nutrition Facts

Amount Per Serving		
Calories	1004	Calories from Fat: 974
		% Daily Values*
Total Fat	113g	173%
Saturated Fat	83g	416%
Cholesterol	165mg	55%
Sodium	19mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	3g	11%
Protein	3g	
Vitamin A		43%
Vitamin C		0%
Calcium		4%
Iron		7%

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

Walnut Nutter Butter Fat Bombs

1.8 net carbs per serving for 8 servings.



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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 melted sugar free or dark chocolate and walnut pieces.

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

- 4 tbsps unsalted butter
- 1/2 c almond butter
- 1/2 c coconut oil
- 3 tps Splenda (or equiv)
- sea salt
- 2 tbsps walnuts, chopped
- dark chocolate , melted
- (optional - add the carbs)

Nutrition Facts

Amount Per Serving		
Calories	2232	Calories from Fat: 2037
		% Daily Values*
Total Fat	238g	366%
Saturated Fat	130g	652%
Cholesterol	124mg	41%
Sodium	20mg	1%
Total Carbohydrates	28g	9%
Dietary Fiber	13g	51%
Protein	23g	
Vitamin A		36%
Vitamin C		2%
Calcium		36%
Iron		29%

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