
Black & White Peppermint Bombs

1 net carb per serving.



Low Carbe Diem
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Servings: 12

3/4 c coconut butter

1/3 c coconut shreds

3 tbsps coconut oil

2 tsps unsweetened cocoa powder

1/2 tsp peppermint extract

liquid stevia (or equiv), to taste

DIRECTIONS

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

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

Per Serving: 155 Calories; 18g Fat (98.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber.

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