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# Blueberry Coconut Cream Fat Bombs

2 net carbs per serving.



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Servings: 16

1 c blueberries

8 ozs unsalted butter

4 ozs neufchatel cheese, softened

1/4 c coconut cream

3/4 c coconut oil

liquid stevia (or equiv), to taste

## **Whole Berry Directions**

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 stevia 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 Directions**

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 stevia 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.

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Per Serving: 231 Calories; 29g Fat (93.4% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber.

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