
Chocolate Peanut Butter Coconut Bombs

1 net carb per serving.



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Servings: 10

3/4 c coconut oil

1/4 c cocoa powder

1/4 c peanut butter

liquid stevia (or equiv), to taste

DIRECTIONS

Heat coconut oil until melted. Divide among three bowls.

In one bowl, stir in the cocoa powder until completely dissolved. Add liquid stevia to taste.

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

In the last bowl, add 1 teaspoon of coconut oil and stevia to taste.

To make single-serving fat bombs, use a square mold or muffin cups. Divide the chocolate flavored oil among 10 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.

Per Serving : 184 Calories; 20g Fat (91.7% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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