
Fat Pumpkin Butter Bombs

1 net carb per serving.



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Servings: 6

8 tbsps unsalted butter

4 tbsps coconut oil

1/2 c pumpkin

ginger, to taste

clove, to taste

nutmeg, to taste

cinnamon, to taste

liquid stevia (or equiv), to taste

DIRECTIONS

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 stevia, 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.

Per Serving: 216 Calories; 24g Fat (98.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber.

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