
Four Spice Fat Bombs

1 net carb per serving.



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Servings: 6

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

DIRECTIONS

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.

Per Serving: 367 Calories; 61g Fat (89.2% calories from fat); 14g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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