
Layered Chocolate Coconut Bombs

1.3 net carbs per serving.



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Servings: 12

2 c coconut shreds

1 c coconut oil

4 ozs neufchatel cheese

2 tbsps cocoa powder

stevia (or equiv), to taste

1/4 tsp cinnamon

sea salt, pinch

DIRECTIONS

Warm the coconut oil over medium heat and add the shredded coconut, cinnamon, pinch of salt and stevia (or sweetener of choice).

Line a shallow pan with wax paper (or foil) and pour in the coconut oil mixture. Press it down, creating a solid layer.

Place the pan in the freezer until mixture is firm.

Remove from freezer. Melt the cocoa powder and cream cheese, and pour on top.

Place back into the freezer for 10 to 15 minutes.

Once solid, slice into squares or break up and enjoy! Store the rest in the fridge.

Per Serving: 237 Calories; 31g Fat (91.0% calories from fat); 4g Protein; 3g Carbohydrate; 1.7g Dietary Fiber.

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