
Almond Coconut Fat Bombs

1.2 net carbs per serving for 12 servings.



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Servings: 12

Crust

4 ozs macadamia nuts
dash salt
4 tbsps almond butter

Coconut Layer

1/4 c coconut shreds
6 tbsps coconut oil, melted

Chocolate Layer

4 tbsps cocoa powder
2 tbsps coconut oil
stevia (or equiv), to taste

DIRECTIONS

Make the crust layer: Pulse or crush the macadamia nuts and salt until finely ground. Add the almond butter and mix. Press the mixture into a pan or small dish.

Make the coconut layer: In a bowl, stir together shredded coconut and coconut oil. Spread the coconut mixture over the crust, pat down and set aside.

Make the chocolate layer: Mix the cocoa powder into the coconut oil until smooth. Add stevia (or equiv) to taste. Pour the chocolate sauce over the coconut layer. Smooth with a spatula. Place into the fridge or freezer until firm, about 1 to 2 hours.

Per Serving: 188 Calories; 20g Fat (89.1% calories from fat); 2g Protein; 4g Carbohydrate; 2.8g Dietary Fiber.

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