
Blackberry Nut Fat Bombs

1.3 net carbs per serving for 12 servings.



Low Carbe Diem

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Servings: 12

2 ozs macadamia nut, crushed

4 ozs neufchatel cheese

1 c blackberries

3 tbsps mascarpone cheese

1 c coconut oil

1 c coconut butter

1/2 tsp vanilla extract

1/2 tsp lemon juice

Preferred sweetener to taste, optional

DIRECTIONS

Crush the macadamia nuts and press into the bottom of a baking dish or mold.

Bake 5 to 7 minutes at 325 F, or until golden brown.

Remove from oven and allow to cool slightly.

Spread a layer of softened cream cheese over the nut "crust."

In a bowl, mix together blackberries, mascarpone cheese, coconut oil, coconut butter, vanilla, lemon juice and sweetener (optional) until smooth and well-combined.

Pour mixture over the cream cheese layer. Freeze for 30 minutes to an hour. Remove and store in the fridge.

Per Serving: 392 Calories; 50g Fat (94.4% calories from fat); 4g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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