
Vanilla Mocha Fat Bomb Pops

.5 net carbs per serving for 6 servings.



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Servings: 6

4 tbsps unsalted butter
2 tbsps heavy cream
1/2 tsp vanilla extract
4 tbsps coconut oil
1 1/2 tbsps cocoa powder
1/2 tsp coffee extract, optional
stevia, to taste

DIRECTIONS

Make the vanilla layer: Soften butter in the microwave until liquefied. Add 2 tablespoons heavy cream and stir. Set aside

Once cool, add the vanilla and and blend well.

Make the mocha layer: Mix together coconut oil, cocoa powder, coffee extract and stevia.

Pour the vanilla mixture into muffin liners / tins, creating the bottom white layer. Place into the refrigerator until firm, about 15 minutes.

Remove from fridge and pour in the mocha mixture, filling cups to the top.

Add popsicle sticks and freeze 20 to 30 minutes.

Per Serving: 167 Calories; 19g Fat (97.1% calories from fat); trace Protein; 1g Carbohydrate; .5g Dietary Fiber.

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