
Stuffed Pecan Fat Bombs

.8 net carbs per serving for 2 pecan sandwiches.



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Servings: 1

4 pecan halves

1/2 tsp unsalted butter

1 oz neufchatel cheese

pinch sea salt

DIRECTIONS

Toast the pecans in the oven at 350 F for 8 to 10 minutes. Set aside and allow to cool.

Soften the butter and cream cheese, add your favorite flavors, spices, herbs or veggies, and mix well until smooth and creamy.

Spread the butter-cream cheese mixture between two pecan halves.

Sprinkle with sea salt and enjoy.

Per Serving: 150 Calories; 31g Fat (84.1% calories from fat); 11g Protein; 2g Carbohydrate; 1.2g Dietary Fiber.

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