

Chocolate fat bombs

Fat bombs are delicious little morsels which are fabulous for a very low carb diet. If you have been trying to follow a fat-burning ketogenic diet and have been struggling with getting enough healthy fat in each day, then these little bombs will do the trick.

Makes around 24 bombs

Ingredients:

- 185 grams coconut oil
- 50 grams nut butter (almond or macadamia)
- 4 to 6 teaspoons xylitol or equivalent sweetness using stevia (sweeten to taste)
- 3 tablespoons unsweetened cocoa powder
- 125 grams salted butter
- 1 tablespoon vanilla extract/essence



Method:

1. Melt all ingredients together in a pot. I left the nut butter till last to create a swirl effect.
2. Cool mixture slightly and pour into ice-cube trays or silicone moulds.
3. Put into freezer to set for a few hours.
4. Once set, pop them out of the mould and place in freezer bags or a plastic container for a quick and easy snack.

Each of these fat bombs contains:

- 1 gram of carbs
- 14 grams of fat

Note:

You can also make them a little more gourmet by adding a few other ingredients such as coffee, dried coconut flakes, nuts, cocoa nibs etc.

