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*Delicious*

**KETO FAT BOMB**

*RECIPES*

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*Louise Hendon*

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# Layered Peppermint Patties

**Prep Time:** 10 minutes

**Yield:** 24 patties

## INGREDIENTS

- ½ cup [coconut butter](#)
- ¼ cup [unsweetened shredded coconut](#)
- 2 Tablespoons [coconut oil](#)
- 1 teaspoon peppermint extract (add more to taste)
- [Stevia](#) to taste
- 4 oz 100% dark chocolate
- 4 Tablespoons coconut oil

## INSTRUCTIONS

1. Soften the coconut butter and 2 tablespoons coconut oil and mix together with the unsweetened shredded coconut, stevia, and peppermint extract.
2. Spoon 2 teaspoons into each mini muffin cup and set in fridge for 1 hour. Check this layer is solid before proceeding to the next step.
3. Melt the 4 tablespoons of coconut oil and dark chocolate and mix together well. Spoon 1 teaspoon into each mini muffin cup so that it forms a layer. Set in fridge for 1 hour. Check this layer is solid before going to the next step.
4. Repeat steps 2 and 3 for as many layers as you want.

Approx net carbs per fat bomb: 2 g





# Prosciutto Avocado Fat Bombs

**Prep Time:** 5 minutes

**Yield:** 10 fat bombs

## INGREDIENTS

- 1 avocado
- 1 lime
- 10-12 slices of prosciutto (or deli ham or turkey slices)

## INSTRUCTIONS

1. Cut the avocado in half, remove the seed/stone, and score the avocado into large slices (approx. 4-6 slices per avocado half).
2. Squeeze lime over the avocado slices.
3. Lay each prosciutto slice flat on a plate and place each avocado slice on the prosciutto slice.
4. Squeeze a bit more lime on the avocado slice and then roll it up.

Approx net carbs per fat bomb: 0 g







# Raspberry White Chocolate Fat Bombs

**Prep Time:** 10 minutes

**Yield:** 10 fat bombs

## INGREDIENTS

- 1 cup [coconut butter](#)
- 1 cup [coconut milk](#)
- ½ cup [coconut oil](#)
- ¼ cup cacao butter
- 1 teaspoon [vanilla extract](#)
- ¼ cup freeze-dried raspberries
- [Stevia](#) to taste

## INSTRUCTIONS

1. Line a muffin pan with liners.
2. Melt the coconut milk, coconut butter, coconut oil, and cacao butter in a saucepan.
3. Add in the vanilla extract and stevia, and mix well (you might need a whisk).
4. Pour the mixture into muffin liners. Crumble the freeze-dried raspberries on top.
5. Place in fridge to set for 3-4 hours.

Approx net carbs per fat bomb: 3 g





# Chocolate Almond Fat Bombs

**Prep Time:** 10 minutes

**Yield:** 10-15 fat bombs

## INGREDIENTS

- 1 cup [almond butter](#)
- 1 cup [coconut oil](#)
- ½ cup cacao powder
- ¼ cup [coconut flour](#)
- [Stevia](#) to taste
- 10-15 whole almonds

## INSTRUCTIONS

1. Melt the almond butter and coconut oil in a saucepan. Add in the cacao powder, coconut flour, and stevia, and mix well.
2. Let the mixture cool and then form 10-15 ping-pong sized balls from the mixture.
3. Stick an almond into the middle of each.
4. Refrigerate to set and store in fridge until you're ready to eat them.

Approx net carbs per fat bomb: 2 g





# Vanilla Fat Bombs Dipped In Chocolate

**Prep Time:** 10 minutes

**Yield:** 10-15 fat bombs

## INGREDIENTS

- 1 cup [coconut butter](#)
- 1 cup [coconut milk](#)
- 1 cup [unsweetened shredded coconut](#)
- 1 Tablespoon [vanilla extract](#)
- [Stevia](#) to taste
- ¼ cup 100% dark chocolate

## INSTRUCTIONS

1. Melt the coconut butter and the coconut milk in a saucepan on very low heat.
2. Add in all the ingredients except for the dark chocolate into the saucepan.
3. Mix well. Let the mixture cool in the fridge for 1-2 hours.
4. Then form small balls from the mixture (approx. 15-20). Place the balls into the fridge to solidify for 2-3 hours.
5. Melt the dark chocolate (in the microwave or on the stove).
6. Dip each of the balls into the chocolate, and place the dipped balls onto parchment paper.
7. Place back into the fridge.

Approx net carbs per fat bomb: 2 g







# Chocolate Coconut Cups

**Prep Time:** 10 minutes

**Yield:** 10 fat bombs

## INGREDIENTS

- ¼ cup [coconut butter](#)
- ¼ cup [coconut oil](#)
- 1 cup [unsweetened shredded coconut](#)
- 1 teaspoon [vanilla extract](#)
- [Stevia](#) to taste
- 3 oz 100% dark chocolate

## INSTRUCTIONS

1. Line a muffin pan with liner.
2. Place the coconut butter and coconut oil into a saucepan on a low heat and soften.
3. Stir in the shredded coconut.
4. Then add in the vanilla extract and stevia. Mix well.
5. Divide the mixture between the muffin cups (approx. 10).
6. Place into fridge to set for 1-2 hours.
7. Melt the dark chocolate in a saucepan (or in microwave). Spoon the chocolate on top of the solid coconut cups. Place back into fridge for 1-2 hours to set.

Approx net carbs per fat bomb: 2 g





# Chocolate Coffee Coconut Truffles

**Prep Time:** 10 minutes

**Yield:** 6-7 fat bombs

## INGREDIENTS

- ½ cup [coconut butter](#)
- 3 Tablespoons 100% cacao powder
- 1 Tablespoon ground coffee
- 1 Tablespoon [unsweetened shredded coconut](#)
- [Stevia](#) to taste
- 1 Tablespoon [coconut oil](#)

## INSTRUCTIONS

1. Melt the coconut butter (in a microwave) so that it can be mixed with a fork.
2. Mix in all the ingredients (except the coconut oil) and mix well with a fork.
3. Take an ice-cube tray and pour approximately ¼ teaspoon of coconut oil into 6-7 of the cups.
4. Spoon the mixture into each cup of the ice-cube tray and gently pat them flat with a fork.
5. Freeze for 4-5 hours.
6. Defrost at room temperature for 15-20 minutes before serving.

Approx net carbs per fat bomb: 3 g







# Almond Butter Fudge

**Prep Time:** 10 minutes

**Yield:** 12 fat bombs

## INGREDIENTS

- 1 cup [almond butter](#) (unsweetened)
- 1 cup [coconut oil](#)
- ¼ cup [coconut milk](#)
- 1 teaspoon [vanilla extract](#)
- [Stevia](#) to taste

## INSTRUCTIONS

1. Melt the almond butter and coconut oil so that they're soft.
2. Blend all the ingredients together well.
3. Pour the mixture into a baking pan and refrigerate for 2-3 hours for it to set.
4. Cut into chunks and serve.

Approx net carbs per fat bomb: 2 g





# Cardamom Orange Walnut Truffles

**Prep Time:** 15 minutes

**Yield:** 10-15 fat bombs

## INGREDIENTS

- 1 cup [almond butter](#) (or walnut butter)
- $\frac{1}{4}$  cup [coconut oil](#)
- 2 teaspoons orange zest
- $\frac{1}{3}$  cup walnuts
- $\frac{1}{4}$  cup [unsweetened shredded coconut](#)
- Dash of cardamom
- 1 Tablespoon cacao powder (optional)
- [Stevia](#) to taste
- $\frac{1}{2}$  cup [unsweetened shredded coconut](#)

## INSTRUCTIONS

1. Place all the ingredients except for the shredded coconut into a blender and blend well.
2. Place in fridge or freezer to solidify a bit.
3. Form small balls from the mixture.
4. Roll the balls in the remaining  $\frac{1}{4}$  cup shredded coconut.
5. Place in fridge to set for several hours.

Approx net carbs per fat bomb: 2 g







# Coconut Pink Peppercorn Bars

**Prep Time:** 5 minutes

**Yield:** 4 servings

## INGREDIENTS

- 4 Tablespoons [coconut oil](#)
- 1/8 teaspoon [vanilla extract](#)
- Dash of salt
- [Stevia](#) to taste
- 1 teaspoon pink peppercorns, lightly crushed

## INSTRUCTIONS

1. Melt the coconut oil gently.
2. Add in the vanilla extract, dash of salt, and stevia to taste.
3. Combine well and pour into cups or containers so that it forms a thin layer.
4. Sprinkle lightly crushed pink peppercorns on top.
5. Place in fridge to set for 1-2 hours.

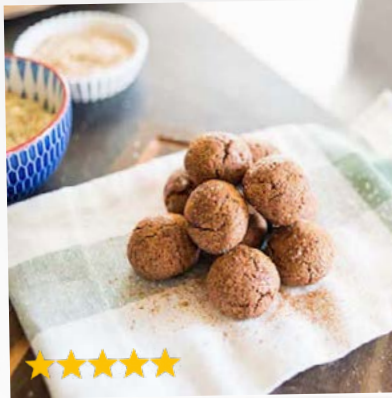
Approx net carbs per fat bomb: 1 g



# More Keto Snacks...



chocolate fudge



cinnamon donut balls



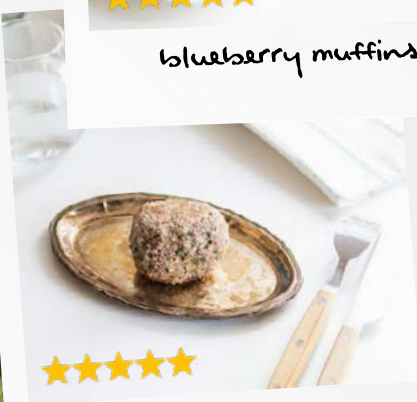
chocolate brownies



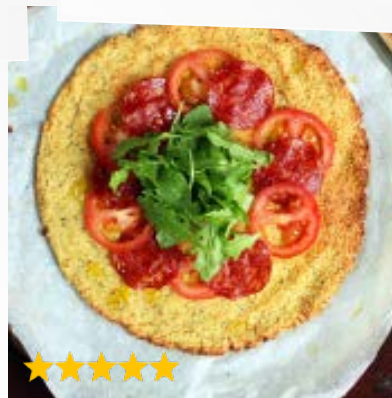
blueberry muffins



mini pecan bites



baked scotch eggs



cauliflower pizza



almond cookies



# THANK YOU!

Thank you so much for purchasing this cookbook. I hope you enjoyed all the recipes.

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<https://ketosummit.com/pr-keto-snacks-cookbook>

