



# Keto Fat Bombs



## What Are Ketogenic “Fat Bombs?”

- Small snacks or treats that are HIGH in fat and LOW in carbs
- Make a great, quick and healthy breakfast
- Can be used as pre or post workout fuel
- Similar to an energy ball or bar – BUT focused on a high healthy fat content

## Why Are Fat Bomb Part of the Keto Diet?

- They are loaded with healthy fats that help lower inflammation in the body
- They keep your body in a fat burning state
- They are easy to make and can be vegan, casein free and lactose free
- They will not spike your blood sugar levels (therefore insulin) when made with stevia or monk fruit

**FAT BOMBS (base recipe)** – Melt 1/3 cup coconut butter, 1/3 coconut oil in a double broiler, flavor as noted below; pour into a silicone mini muffin molds and place in refrigerator or freezer for 10 minutes-20 minutes until hardened; pop out of mold and place in air tight container and store in refrigerator makes 10 fat bombs;

*Macros/points Fat = 14 grams or 1 keto fat; Protein 1 g or 1/10 Keto Protein; Carbs 2g or 1/8 Keto Carb*

**Macadamia Chocolate fat bombs**- add to the above base recipe 2 tsp. dark cocoa powder, 3 tbsp. finely chopped macadamias, stevia to taste

**Strawberry Cheesecake fat bombs** – add to the above base recipe 2 medium strawberries finely chopped, 2 tbsp of goat milk cream cheese or organic grass fed cream cheese, stevia to taste

**Cinnamon Almond Fat bombs** – add to the above base recipe 1 ½ tsp. ground cinnamon, 2 tbsps. Almond butter, ½ tsp. vanilla extract, stevia to taste

**Butter Pecan Fat bombs** – add to the above base recipe 1/4 cup finely chopped toasted pecans, 1 tbsp. melted butter, stevia to taste

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### **Simple “Fat Bomb” Recipe: Chocolate Almond Butter**

#### Ingredients

- 1 cup coconut oil, melted
- ½ cup almond butter
- 1 tsp stevia
- 8 tbsp raw cacao powder
- ½ cup grass fed butter, melted

#### Instructions

Place all of the ingredients in a pot and warm over low heat until combined.

Gently stir to mix thoroughly.

Pour the mixture into silicone molds and place in the freezer for 30 minutes.

***See Resources for Louise Hendon Fat Bomb Recipes***

*Check out the Bulletproof link “45 Insanely Good Keto Fat Bomb Recipes”*

<https://www.bulletproof.com/recipes/keto-recipes/fat-bombs-recipes-1b2b3c4b4t/>