

# KETO

## FAT BOMBS COOKBOOK

The #1 Low Carb & High Fat Snacks  
Cookbook for Ketogenic Diets, Lazy People  
& Weight Loss



5 MINUTE FAT BURNING KETO FAT BOMB  
RECIPES, BEGINNERS GUIDE AND MORE

Megan O'Neil

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*THE #1 LOW CARB & HIGH FAT SNACKS COOKBOOK FOR  
KETOGENIC DIETS, LAZY PEOPLE & WEIGHT LOSS (5  
MINUTE FAT BURNING KETO FAT BOMB  
RECIPES, BEGINNERS GUIDE AND MORE!)*

*MEGAN O'NEIL*

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Thank you!

# **WELCOME TO THE KETO FAT BOMBS COOKBOOK**

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Hello and welcome to The Keto Fat Bombs Cookbook 2019. Committing to a keto friendly diet usually means 2 things. And those two things are reducing your carb intake and increasing your fat intake. However, finding foods that are low in carbs and high in fat can be quite the effort. We should already know that in order to enter a state of ketosis, we need to have both components in our diet working correctly.

And that's exactly where fat bombs come into play. Inside this cookbook we shall look at what fat bombs are, how they can help us reach ketosis and then take a look at some mouth-watering recipes that you can make.

Not only are these fat bombs delicious and healthy, but they will help to suppress your appetite and get rid of any sugar cravings you may suffer from!

A word of caution: these fat bombs are of course delicious, and with delicious comes higher calories. These are designed to help you hit your fat intake goals for the day while tasting amazing and NOT something to binge on!

## A BRIEFING ON FAT BOMBS

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Fat bombs are one of the many new ‘in’ things in the health and fitness industry. If you use any social media apps like Instagram, then you’ll probably already be very familiar with fat bombs already. These little balls and bars can pack quite a punch.

Fat used to be a word that struck fear into the heart of many dieters, with the negative view that if you eat fat, you get fat. However, times have moved on and the benefits to eating a higher fat diet have now been well documented. And that’s where fat bombs come into play.

Typically, a fat bomb will be made up of around 90 percent fat, and that fat coming from healthy ingredients such as nuts, avocado, coconut oil, almond butter and so on.

When you see these types of ball-like treats in stores and online, they are usually made up of high carb ingredients, which is of course useless for a ketogenic diet. So that’s why I’ve put together my best fat bomb recipes, so you don’t have to worry about your state of ketosis.

Fat bombs can be used in many ways, as full meal replacements, side dishes, desserts and of course, snacks. All fat bombs in this book are easy to make and have high amounts of fat to help you stay in ketosis and burn off more fat.

In this cookbook you will find common ingredient themes. Most of the fat bomb bases will be made from coconut oil, butter or cream cheese. There will of course be some recipes that use other ingredients, but these 3 are a necessity to own.

## BENEFITS OF EATING FAT BOMBS

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Before we get into the recipe side of the book, let's get our motivation levels up by taking a quick look at some of the benefits to adding fat bombs to your diet!

**High fat** - Of course, the main benefit to eating fat bombs is their high fat content. Any TRUE fat bomb will be made up of around 90% fat.

**Easy to make** – Lifestyles are hectic, and sometimes preparing a full-on meal takes way too long, and even then, you might be missing out on your fat intake for the day. That's where fat bombs can help, only taking a matter of minutes to make and consume!

**The right fat** – Most of the fat bombs in this book are made from high-fat dairy and coconut oil. The types of fat found in these are absorbed quickly into the body and used as fuel. Also, the vitamins and minerals found in these recipes have been found to help prevent heart disease!

**So much variety** – There's no need to get bored and give up on your diet anymore. The vast amount of great tasting recipes you can make is almost endless with fat bombs. You can make them sweet, savory, big, small, chewy, soft, smooth and so on. You'll never get bored.

So, that's fat bombs covered. Let's take a look now at the ketogenic diet before we move on to the recipes.

## WHAT IS A KETOGENIC (KETO) DIET?

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The ketogenic diet, typically shortened to ‘keto’, is based around eating foods that are low in carbs and increasing your fat intake. The theory here is that your body will use the fats as energy instead of carbs.

Why do that though?

In a nutshell, after a few days of sticking to a ketogenic diet, your body goes into a state called ketosis – which is what happens when you void yourself of carbohydrates.

And then when?

Your body then starts producing ketones which you then use in place of missing carbs, allowing you to burn more fat. This whole process is geared toward helping the body lose weight faster.

To help summarize the above without getting too technical: the keto diet, after practicing it for a few days, allows your body to tap into your fat stores and uses them as fuel.

The ketogenic diet was originally introduced into people’s diets way back in the 1920s but was used primarily to help treat people for diabetes and epilepsy. However, modern trends use this technique primarily as a method to burn fat much quicker than conventional dieting.

The trend has taken off massively in recent years, mainly due to celebrities preaching the diet along with fitness experts.



## BENEFITS OF A KETOGENIC DIET

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Controversy has always surrounded low carb diets and the effects on the body. However, there have been plenty of human studies conducted using low carb diets that have produced very promising outcomes.

Here are just a few of the reported benefits.

**Weight loss** – quite possibly the number one reason people start following the keto diet, is weight loss. Not only does voiding your body of carbs help you burn off fat, but you'll also be eating foods that are much lower in calories, which is equally as important for weight loss.

**Appetite suppression** – pretty important when dieting. Hunger can be an absolute nightmare, and often leads to bingeing on junk food. When we cut carbs from our body, we tend to replace them with foods high in protein and fat, which in turn leads to feeling much more satisfied while consuming less.

**Reduced blood sugar and insulin levels** – After eating carbohydrates, they break down inside our body into 'simple sugars' inside our digestive tract. This causes a rise in blood sugar levels when they enter the bloodstream. High blood sugars are toxic and cause your body to produce a hormone called insulin. Insulin 'tells' your body it's time to bring the simple sugars into our cells to either store them or burn them off.

A lot of people have a problem with this process, where it's harder for the body to bring blood sugar into cells. This ultimately can lead to type 2 diabetes.

By cutting out carbs, or following a ketogenic diet, you remove any need for insulin, which in turn solves this issue that at least 300 million people suffer from.

**Blood pressure can go down** – high blood pressure can bring about many diseases later in life, including heart disease. A low-carb or keto diet has been proven to help lower your blood pressure as thus lessen the risk of diseases.

**More energy** – During ketosis, your body uses fat as an energy source that will ultimately never run out, which means you'll find that you have a lot more energy during the day, and even enjoy a lifestyle that doesn't involve craving

midday naps.

## FOODS TO AVOID ON A KETO DIET

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The following lists are going to be an absolute Godsend when it comes to starting your new diet. Let's look at the main culprits when it comes to slowing down your keto progressions.

**Sugar** – quite possibly the biggest no-no on the list. Unfortunately, sugar is found in a hell of a lot of foods these days. This is usually what people struggle to reduce the most in their diets.

Sugar is found in candy, cookies, chocolate, donuts, ice cream, cereals, milk, vitamin water, cakes and pretty much any other 'unhealthy' food that comes to mind.

Please bear in mind that the keto diet doesn't mean that you must have ZERO sugar per day. It's in almost everything we eat and won't be avoided. You need to think more so about the ADDITIONAL sugar that's getting added to your diet. Some of my recipes have TINY amounts of sugar in them that you can easily fit into your macros. Just be careful with it.

**Starches** – all the 'carby' foods you can think of are at risk of slowing your keto diet down. These include rice, bread and pasta as the obvious trio.

**Beer** – sorry to say that beer is full of carbs and will have to be limited on your new diet. There are some lower-carb beers that do exist if you crave it.

**Fruit** – not as bad as it is typically seen as a health food – however, fruits are indeed packed with sugar and should be limited on a keto diet.

Please note again: you shouldn't mistake the keto diet as a NO CARB diet, when, it's a LOW CARB one. As a rough guide to how many carbs you can allow in your diet, you'll want to look between 20 and 50 grams per day. Obviously the closer to 20 grams you get, the more success you'll have.

With that briefing in mind, here's a list I've created that outlines over 100 foods you may want to avoid when going keto.

# 100+ FOODS TO AVOID

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**Grains:** Wheat, oats, barley, rice, rye, corn, quinoa, millet, sorghum, bulgur, amaranth, sprouted grains, buckwheat. Any breads and pastas made from these foods also.

**Beans and legumes:** Kidney beans, chickpeas, black beans, lentils, green peas, lima beans, pinto beans, white beans, cannellini beans, fava beans, black-eyed beans

**Fruits:** Bananas, pineapples, apples, papaya, grapes, oranges, mangos, tangerines, fruit juices, smoothies, dried fruits, fruit syrups, fruit concentrates

**Vegetables:** Yams, sweet potatoes, carrots, parsnips, peas, yucca, corn, cherry tomatoes

**Sugars:** Honey, agave nectar, maple syrup, raw sugar, cane sugar, high-fructose corn syrup, turbinado sugar

**Protein:** Milk, butter substitutes, cream cheese, evaporated milk, whipped topping, low-fat yogurts

**Fats:** Soybean oil, peanut oil, sesame oil, sunflower oil, safflower oil, grapeseed oil, corn oil, canola oil

**Drinks:** Beer, wines, cocktails, mixers, flavored liquors, sodas, diet sodas, fruit juice, smoothies, coffee/tea with added sweetener, sweetened milk products

## THE BREAKDOWN

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With the above lists in mind, let's look at what kind of percentages you want to aim for with your macronutrients to stay in a ketosis state.

**Carbs:** As we already know, the keto diet is heavily based on reducing carbs, therefore we want to look at carbs making up around **5-10%** of our daily intake of food.

**Fat:** Now our primary source of energy, we want to start upping the fat intake in our diet. We need our fat intake to take up around **70-80%** of our daily intake.

**Protein:** Unless you're looking to win the next Mr. Olympia, you don't need to worry about consuming too much protein. A moderate amount of around **20-25%** each day should suffice.

This doesn't mean that you must stick EXACTLY to the numbers and foods recommended in this book, however, just be aware that swaying off course too often will take you out of a ketosis state and reverse the progress – try your best to cut the foods out of your diet I've listed and stick to the percentages above.

## QUICK TIPS FOR KETO DIET SUCCESS

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Quick tips are great for lazy people like me who don't want to learn all the 'sciencey' malarkey that goes behind certain diets. Let's look at my top tips for success with the keto diet.

**Stop eating out** – eating out regularly at restaurants or takeaways is the easiest way to ruin your keto diet. Restaurant and takeaway foods are PACKED full of calories and carbs. The problem with this type of food is that it's not immediately obvious what you are consuming. The bulk of your food should come from homemade recipes!

**If it's in the house, you'll eat it** – quite possibly my favorite tip in this list. It may seem obvious, but it works very well. Don't stock your cabinets full of foods you know you shouldn't have. If they exist in the house, chances are at some point you will consume it, so don't buy the food in the first place. Stay strong.

**Look at what you're eating** – again, look at what you're eating. Check the packs of the food for carbs and make sure they fit into your daily allowance of carbohydrates.

**Social support** – the keto diet has now become so popular that you are never going to be alone with your quest for superior health. There are now hundreds of forums and groups online you can join and participate in. These are extremely handy for when you have questions or just want some support when getting started.

**Be prepared for changes** – when switching diets, your body goes through a lot of changes and you need to be mentally prepared for this to potentially happen when going low-carb. During your first few days of keto, you may experience some flu-like symptoms. Just make sure you drink plenty of water and healthy foods – it will pass. Always get seen to by a doctor if you're unsure.

**Meal prep if you can** – preparing your meals for the entire week is a great way to ensure you stick to your new diet. Trying to take your diet as and when it comes almost nearly always ends up in binge eating. Fail to plan, plan to fail!

# LOW CARB CHEAT LIST

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We've already looked at what we can't eat, so let's now look at what we can eat. I've created this cheat list of low carb foods, so you can refer to it at any given point for help when creating meals or snacking.

**Replace flavored yogurt with:** coconut milk yogurt, sour cream, full fat cottage cheese, full fat Greek yogurt

**Replace cereals with:** Salted caramel pork rind cereal, toasted nuts, flax granola, chia pudding

**Replace oatmeal with:** Cinnamon roll oatmeal, cauliflower, chia seed, flax meal oatmeal

**Replace pancakes and waffles with:** Peanut butter pancakes, cream cheese pancakes, almond flour waffles

**Replaces egg whites:** Whole eggs

**Replace burger and fries:** Steak and vegetables, burger with no bun

**Replace typical pizza:** Mozzarella cheese dough pizza, pizza casserole

**Replace bread crust fried chicken with:** Pork Rind and Parmesan crust

**Replace processed soups with:** Pumpkin soup, enchilada chicken soup

**Replace Chinese takeaway with:** Low-carb sweet and sour chicken

**Replace rice with:** Cauliflower rice

**Replace mashed potatoes with:** Cauliflower mashed potatoes

**Replace burritos and tacos with:** Flax tortillas, taco salad, psyllium husk tortillas

**Replace bread and sandwiches with:** Lettuce wraps, flax seed wraps, psyllium husk wraps

**Replaces cookies with:** Peanut butter cookies, low-carb cookies

**Replace crackers with:** Chia seed crackers, flaxseed crackers

**Replace candy with:** Mug cakes, fat bombs

**Replace soda and fruit juice with:** Smoothies, water, tea

**Replace coffee with:** Nothing, keep drinking it but just use Stevia as a sweetener!

**Replace cocktails with:** Dry wine, liquor

**Replace ice cream with:** Avocado ice cream, low-carb sorbet

**Replace brownies with:** Low-carb macadamia nut brownies, avocado brownies, almond flour brownies

**Replace any pie crust with:** Nut-based crusts

**Replace custard with:** Pots de Crème

**Replace flour with:** Almond flour

**Replace breadcrumbs with:** Pork rinds

**Replace margarine and veg oil with:** Butter, coconut oil

**Replace sugar with:** Stevia, erythritol

**Replace chocolate with:** Baker's chocolate, dark chocolate

**Replace fruits with:** Extracts

**Replace cornstarch with:** Xanthan gum

**Replace high carb veg with:** Dried spices

And there you have it, the complete cheat sheet for a ketogenic diet. It's a good idea to refer to this when you're not quite sure what to replace certain foods with – chances are it's on this list.



# HOW TO REACH KETOSIS FASTER

Your goal with the ketogenic diet is to reach a state of ketosis. Here are a few tips on how to reach that state faster. Typically for your body to adjust and start up in a state of ketosis, it can take between 2 days and a week. However, the sooner, the better!

**Carbs go down** – The most important and most obvious way to reach ketosis faster is by making sure your carbs are going DOWN. You won't ever reach the state of ketosis while your carbs are high, so you must make sure you are heading toward 20grams a day. ALL the recipes in this book are lower than 10g.

**Exercise** – Becoming more active in your daily life can help you enter ketosis quicker. Alongside a lower carb intake, exercise helps your body increase its production of ketones which leads to entering a state of ketosis faster.

**Up the fat** – A lot of people fear fat, with the assumption that eating fat, makes you fat – it doesn't! Consuming more calories than you burn off, makes you fat. Getting healthy fats into your system will help you enter a state of ketosis quicker.

**Mini fast** – A lot of people have reported success on doing miniature fasts, where you simply cut your calories to around 1000 a day and use fats to make up most of that calorie count. This combo has helped a lot of people reach ketosis faster.

**Stay hydrated and get your sleep** – A lot of people will find that when cutting carbs that they soon become dehydrated. Dehydration can cause a whole host of issues and even affect your sleep which is vital for overall health – so make sure you get your water in.

# **SWEET FAT BOMB RECIPES**

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## CREAM CHEESE CHOCO FUDGE

### ***Ingredients (serves 16)***

1 cup butter  
1 ounce baking chocolate, unsweetened  
1 cup almond butter, unsweetened  
8 ounces cream cheese  
1 tsp Stevia  
1 cup Swerve  
1 tsp vanilla extract  
1/3 cup cocoa powder, unsweetened

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### ***Instructions***

1. Place some parchment paper on an 8x8 baking tray.
2. In a pan, melt together the butter and baking chocolate. A medium heat will do just fine here. Now add the almond butter and blend with your preferred tool.
3. Add the cream cheese, blend some more.
4. Turn the heat off completely and add in the remaining dry ingredients. Blend until nice and smooth.
5. Pour the mixture into your baking tray, making sure it's spread evenly. Allow mixture to set in fridge!

**Calories 100: Carbs: 5g Fiber: 2.5g Fat: 26g Sugar 1g: Protein: 3g**

## LEMON AND COCONUT DELIGHT

### ***Ingredients (serves 12)***

½ cup almond flour  
2 tablespoons Erythritol  
4 ounces cream cheese  
3 tablespoons shredded coconut, unsweetened  
2 tablespoons lemon juice

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### ***Instructions***

1. In a food processor, blend together the cream cheese, almond flour, Erythritol and lemon juice until well combined.
2. Roll the mixture out into 12 balls, then roll each one over shredded coconut, covering each fully.
3. Place on a baking sheet and chill in refrigerator until firm.
4. Serve when ready!

**Calories: 70 Carbs: 1g Fat: 6g Saturated Fat: 3g Protein: 1g**

# CHOCOLATE CREAM CHEESECAKE BOMB

## ***Ingredients (serves 8)***

¼ cup butter  
4 ounces cream cheese  
¼ cup coconut oil  
1 tsp vanilla  
1 tsp Stevia  
½ cup coconut oil  
2 tsp cocoa powder  
2 tsp Stevia

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## ***Instructions***

1. Using a hand mixer, beat together the butter, cream cheese, ¼ cup coconut oil and 1 tsp of Stevia.
2. Now, to make the topping, mix together the ½ cup coconut oil, 2 tsp cocoa powder and 2 tsp of Stevia.
3. Spoon the mixture from step 1 into silicone cupcake molds. You are looking to make around 8 cheesecake bombs, so spoon about 2 tablespoons into each mold. Press them down into the mold with a spoon. Freeze these for 30 minutes until firm.
4. Now spoon the mixture from step 2 over the top of the firm base mixtures.
5. Return the cheesecakes to the freezer for 15 mins until they become nice and firm! Remove them from the molds and serve when you desire!

**Calories: 275 Carbs: 0.7g Fat: 31g Saturated Fat: 25g Sugar 0.2g: Protein: 1g**

# GINGER DREAM BALLS

## ***Ingredients (serves 6)***

8 ounces cream cheese  
2 tablespoons hemp hearts  
2 tablespoons almond flour  
3 tablespoons Swerve  
1 tsp ginger  
1 tsp cinnamon  
2 tsp sugar free brown sugar syrup  
¼ tsp nutmeg  
¼ tsp cloves

## Topping:

3 tablespoons Swerve  
1 pinch sea salt  
1 tsp cinnamon

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## ***Instructions***

1. Using a food processor, blend together all the ingredients, MINUS the topping ingredients. Make sure it's nice and smooth.
2. Chill in refrigerator for 30 mins until firm.
3. Meanwhile, mix together the TOPPING ingredients in a bowl.
4. Use a melon baller to scoop out around 12 batches of the mixture from step 1. Shape these into small balls.
5. Now roll each ball into the TOPPING mixture until fully covered.
6. Cover with cling film and place back in fridge for another 30 mins and serve when ready.

**Calories: 170 Carbs: 2g Fiber: 1g Fat: 16g Saturated Fat: 7g Protein: 3.5g**

# RASPBERRY HEAVEN

## ***Ingredients (serves 16)***

8.8 ounces full-fat cream cheese  
1 cup frozen raspberries  
2 tablespoons Swerve  
1 tsp vanilla  
½ cup almond flour  
¼ cup coconut flour

## Coating:

2.8 ounces dark chocolate  
1.4 ounces extra virgin coconut oil

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## ***Instructions***

1. Mix together the cream cheese, Swerve and frozen raspberries in a food processor until creamy.
2. Now add the almond flour and coconut flour. Give it another mix.
3. Spoon the mixture out into a ball-shaped lollypop tray. If you don't have a ball-shaped tray, then you'll need to roll these into balls by hand!
4. Place in freezer for 50 minutes.
5. While these are in the freezer, it's time to make the coating. In a glass bowl, melt the chocolate and coconut oil. You can do this by placing the bowl over a saucepan filled with a cup of water over heat. Remove from heat when melted and allow it to cool (make sure not to burn it).
6. Remove the other mixture from the freezer and use a stick to help you coat them with the chocolate mixture. Dip them in the mix and twirl each ball until the chocolate goes hard.
7. Place each ball onto a tray lined with greaseproof paper. Put in fridge for 20 mins and serve when desired!

**Calories: 132 Carbs: 2g Fat: 13g Saturated Fat: 7g Protein: 3g**





## 4 INGREDIENTS ONLY BOMBS

### ***Ingredients (serves 12)***

4 ounces cream cheese  
¼ cup creamy peanut butter  
2 tablespoons Swerve  
½ cup dark chocolate chips

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### ***Instructions***

1. Leave the cream cheese and peanut out at room temperature to allow it to soften.
2. Now, in a medium sized bowl, mix together the cream cheese, peanut butter and Swerve. Mix well until smooth.
3. Roll the mixture into 12 small golf ball-sized balls. Crush the chocolate chips and then dip the balls into the chocolate to cover each of them.
4. Line your fat bombs up on a baking sheet lined with parchment paper and freeze for 2 hours.
5. Serve when nice and firm!

**Calories: 101 Carbs: 3g Fiber: 1g Fat: 15g Protein: 6g**

# COOKIE DOUGH BALLS

## ***Ingredients (serves 30)***

8 tablespoons butter  
1/3 cup Swerve  
½ tsp Kosher salt  
2/3 cups dark chocolate chips  
½ tsp vanilla  
2 cups almond flour

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## ***Instructions***

1. Use a hand mixer to mix together the butter, Swerve, vanilla and salt. Mix until very smooth.
2. Slowly add the almond flour, then fold in the chocolate chips.
3. Allow to set in refrigerator for 20 minutes.
4. When set, use a cookie scoop to scoop out 30 small balls onto a suitable tray or plate.
5. Serve when ready!

**Calories: 134 Carbs: 1g Fiber: 2g Fat: 16g Saturated Fat: 4g Protein: 3g**

# ROCKY ROAD BOMBS

## ***Ingredients (serves 20)***

8 ounces cream cheese  
½ cup almond butter  
½ cup unsalted butter  
1/3 cup Swerve  
1 tsp vanilla  
1 pinch sea salt  
4 ounces unsweetened dark chocolate chips  
2 ounces pecans, chopped

---

## ***Instructions***

1. Mix together the cream cheese, butter, almond butter, Swerve, vanilla and sea salt using a hand mixer if possible. Make sure mixture is nice and smooth/fluffy.
2. Fold in the chocolate chips and crushed pecans.
3. Allow the mixture to firm up by placing in refrigerator for 20 mins. When firm, scoop onto a baking sheet with parchment paper. Form 20 small balls.
4. Freeze for one hour then serve!

**Calories: 125 Carbs: 4g Fiber: 3g Fat: 12g Saturated Fat: 9g Protein: 2.5g  
Sugar: 1g**

## POWERFUL PISTACHIO TRUFFLES

### ***Ingredients (serves 15)***

8 ounces cream cheese  
2 tablespoons cacao powder (100%)  
2 tsp Stevia  
½ tsp vanilla  
1 pinch salt  
2 ounces unshelled pistachios

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### ***Instructions***

1. Lightly toast the pistachios over a medium heat in a frying pan. This should only take about 2 minutes. Set aside half of these for later.
2. Now take all the ingredients, including the other half of nuts and combine in a bowl using a fork.
3. Set mixture in refrigerator for 20 minutes.
4. When set, roll out around 15 small balls, about 2 inches in size. Roll each of these in the remaining half of pistachio nuts until fully covered.
5. These can be eaten right away or simply added back to the fridge for later.

**Calories: 80 Carbs: 0.5g Fat: 8g Protein: 1.3g**

# HAZELNUT COFFEE BOMBS

## ***Ingredients (serves 10)***

8 ounces cream cheese  
3 tablespoons Stevia  
2 tsp coffee extract  
3 ounces hazelnuts, chopped  
2 tablespoons cocoa powder, unsweetened

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## ***Instructions***

1. In a large bowl, mix together the cream cheese, Stevia, cocoa powder and coffee extract. Mix until fully combined.
2. Refrigerate for 1 hour. The mixture should have a reasonably hard consistency.
3. Remove from fridge and form 10 balls from the mixture. It's easiest to do using 2 cold spoons.
4. Roll each ball in a bowl containing your chopped nuts. Cover completely.
5. Place in container and keep in fridge. Serve when you desire!

**Calories: 90 Carbs: 3g Fat: 13g Protein: 3g**

## LUSH BLUEBERRY CREAMS

### ***Ingredients (serves 30)***

4 ounces goat cheese  
1 cup almond flour  
1 tsp vanilla  
½ cup blueberries  
½ tsp Stevia  
½ cup pecans  
¼ cup shredded coconut, unsweetened

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### ***Instructions***

1. Use a food blender to mix all the ingredients together until smooth.
2. Using your hands, roll the mixture into 30 small balls.
3. Now, in a medium sized bowl, add the shredded coconut and roll each ball individually into the coconut to coat.
4. Refrigerate for 20 minutes and serve when desired.

**Calories: 50 Carbs: 1g Fat: 10g Saturated Fat: 1g Protein: 1g**

# VERY CHERRY CHOCOLATE BOMBS

## ***Ingredients (serves 12)***

¼ cup coconut butter, melted  
¼ cup coconut oil, melted  
5 drops Stevia  
½ tsp almond extract  
½ tsp vanilla extract  
3 tablespoons cacao powder  
¾ cup dark sweet cherries

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## **Instructions**

1. Put the cherries to one side (allow them to thaw if frozen) and mix up the rest of the ingredients using a hand blender. Remember to melt the coconut butter and oil first.
2. Mash the cherries into a pulp using the back of a fork. Now add them to the above mixture and mix well (mix with the fork for this part).
3. Spoon the mixture into an ice cube tray. These should fit into around 12 cubes worth, depends on your tray!
4. Leave to set in the refrigerator for around 1 hour before consuming!

**Calories: 70 Carbs: 2g Fat: 8g Saturated Fat: 4g Fiber: 1g**

## COCONUT CHRISTMAS BOMBS

### ***Ingredients (serves 20)***

1 cup coconut milk powder  
1 cup cacao butter, organic  
½ cup Erythritol  
1/8 tsp Himalayan salt  
1 tsp vanilla extract

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### ***Instructions***

1. In a suitable bowl, melt the cacao butter.
2. Add this to a food processor along with the coconut milk powder and Erythritol, vanilla and salt.
3. Blend until smooth.
4. Pour mixture into ice cube trays. These should fill about 20 trays, give or take!
5. Place in fridge and leave to harden for about 1 hour. Once solid, pop them out the molds and serve!

**Calories: 85 Carbs: 2g Fat: 9g Saturated Fat: 7g Protein: 1g**



## PUMPKIN KETO BALLS WITH SPICE

### ***Ingredients (serves 12)***

¾ cup pumpkin puree  
1/3 cup golden flax  
½ cup coconut oil  
1 tsp cinnamon  
½ tsp nutmeg  
¼ tsp sea salt  
¼ cup Swerve

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### ***Instructions***

1. In a large bowl, mix all the ingredients thoroughly.
2. Form around 12 small balls with the mixture.
3. Let balls set in fridge for 1 hour before consuming.
4. Serve when you desire!

**Calories: 100 Carbs: 0.9g Fat: 10g Saturated Fat: 6g Protein: 1g**

## CHOCOLATE CASHEW BOMBS

### ***Ingredients (serves 20)***

1 cup coconut oil  
1 cup almond butter  
½ cup cocoa powder, unsweetened  
4 tablespoons coconut flour  
4 tablespoons chopped cashews

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### ***Instructions***

1. Use a small pan over medium heat to melt the almond butter and coconut oil. Stir while heating.
2. Now add this mixture to a glass bowl and mix in the cocoa powder and coconut flour. Mix well.
3. Freeze mixture for 30 minutes. The mixture should be firm but not completely frozen. You might want to check on it every 10 minutes.
4. When firm, shape the mixture into 20 small balls and roll each into the chopped cashews, covering all over.
5. When all 20 are covered, place in fridge for 20 minutes prior to serving!

**Calories: 180 Carbs: 4g Fiber: 2g Fat: 23g Saturated Fat: 10g Protein: 2.5g**

## WHITE CHOC N' RASPBERRY DOUBLES

### ***Ingredients (serves 12)***

½ cup coconut oil  
½ cup freeze-dried raspberries  
2 ounces cacao butter  
¼ cup Swerve

---

### ***Instructions***

1. In a saucepan, over low heat, melt the cacao butter and coconut oil until fully melted.
2. Blend the raspberries in a food processor thoroughly then add them to the above mixture. Make sure the heat is off once you've melted the oil and butter.
3. Now add the Swerve and mix until everything is well combined.
4. Use a 12-cup muffin pan with paper liners if possible. Pour the mixture slowly into each paper liner. Don't make these too thick, about 1 inch in height is all you need.
5. Place these in the fridge for one hour. When they come out, the raspberry mixture should divide and create a layered effect, white on top and red on the bottom!
6. Remove from paper linings and serve when ready.

**Calories: 150 Carbs: 1.1g Fat: 15g Protein: 0.2g Fiber: 0.5g**

## SIMPLE STRAWBERRY BOMBS

### ***Ingredients (serves 12)***

½ cup fresh strawberries  
¾ cup cream cheese  
¼ cup coconut oil  
2 tablespoons Erythritol  
1 tablespoon vanilla extract

---

### ***Instructions***

1. Add the cream cheese and coconut oil to a mixing bowl and leave at room temp for 30 mins or until softened.
2. Meanwhile, put strawberries into food blender and blend until smooth.
3. Now add the Erythritol and vanilla extra to the strawberry mixture and blend again.
4. Now add this mixture to the mixture in step one which should be nice and soft by now. Blend this combined mixture with a hand whisk until well combined.
5. Spoon the mixture out into muffin molds, or whatever mold you have! You should be able to make around 12 bombs.
6. Place in freezer for 2 hours until set, then serve!

**Calories: 70 Carbs: 0.8g Fiber: 0.1g Fat: 8g Saturated Fat: 4g Protein: 1g**

## MERRY RUM BOMBS

### ***Ingredients (serves 10)***

¼ cup coconut oil  
¼ cup almond flour  
¼ cup cocoa powder  
2 tablespoons heavy cream  
2 tablespoons coconut flour  
½ cup unsweetened shredded coconut  
2 tsp Erythritol  
60ml Rum

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### ***Instructions***

1. Since this is quite an overbearing rum tasting recipe, we don't need to overcomplicate the method here. Simply combine all ingredients together in a bowl.
2. Roll into 10 small balls.
3. Take some additional shredded coconut and roll each ball in that to cover them.
4. Refrigerate for 30 mins then serve!

**Calories: 66 Carbs: 2g Fiber: 1g Fat: 5g Protein: 1g**

# CRUMBS N' CREAM BOMBS

## ***Ingredients (serves 6)***

### Crumbs:

½ cup almond flour  
3 tsp cocoa powder, unsweetened  
2 tablespoons Swerve  
½ tsp instant coffee  
Pinch Kosher salt  
2 tablespoons coconut oil

### Cream:

½ cup coconut milk  
2 tablespoons Erythritol  
Pinch Kosher salt  
½ cup whipping cream  
2 tsp vanilla extract

---

## ***Instructions***

1. Start with making the crumbs first. Over a medium heat, lightly toast the almond flour until golden. This should take no more than 4 minutes.
2. Now move the golden almond flour to a small bowl and mix it with the Swerve, cocoa, coffee and salt. Stir, then add in the coconut oil and combine again thoroughly.
3. The recipe should make around 6 fat bombs, so take that number of cupcake liners and start pressing a **THIRD** of the crumb mixture into each of them. This should only take up about one third of each cupcake liner as it's the 'base'. Place in freezer while you complete the next steps.
4. Now it's time for the cream. Melt the coconut milk, Erythritol and salt over a medium heat. Stir until mixture is smooth. Pour into mixing bowl and let it cool.
5. Meanwhile, whisk up the whipping cream until fluffy. Add in the vanilla. Now

add the mixture from step 4 and stir.

6. Add the remaining TWO THIRDS of 'crumbs' from earlier and fold these into the mixture.

7. Pour this mixture over the top of your crumb bases, which should now be solid from being in the freezer. Freeze until solid then serve!

**Calories: 230 Carbs: 4g Fiber: 2g Fat: 24g Saturated Fat: 14g Protein: 3g**

# ALMOND AND PISTACHIO COMBO BOMBS

## ***Ingredients (serves 36)***

½ cup cacao butter  
1 cup coconut butter  
1 cup almond butter  
1 cup coconut oil  
¼ cup ghee  
½ cup coconut milk  
1 tablespoon vanilla  
¼ tsp pure almond extract  
¼ tsp Himalayan salt  
¼ cup shelled pistachios, chopped

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## ***Instructions***

1. Grease a 9-inch square baking tray and line with parchment paper.
2. Melt cacao butter over low heat in a saucepan. Stir until fully melted.
3. Meanwhile, add all ingredients MINUS the cacao butter and pistachios to a mixing bowl and whisk with a hand blender until smooth.
4. Now pour in the melted butter and whisk slowly until fully combined.
5. Pour mixture into each baking tray and top with pistachios.
6. Set in fridge for 5 hours then serve! This should make 36 squares.

**Calories: 170 Carbs: 3g Fat: 18g Saturated Fat: 10g Protein: 2g**



# CHOCOLATE PEPPERMINT BOMBS

## ***Ingredients (serves 19)***

### Filling:

½ cup coconut oil  
½ cup coconut butter  
12 drops Stevia  
1 tsp peppermint extract

### Coating:

½ cup coconut oil  
½ cup cacao powder  
20 drops Stevia  
1 tsp vanilla extract

---

## ***Instructions***

1. Melt the coconut oil and coconut butter together in a saucepan over a medium heat.
2. Transfer to a mixing bowl and add in the Stevia and peppermint extract. Mix well.
3. Spoon mixture into an ice cube tray or small cupcake liners. Use 2 tablespoons per mold. Freeze for 1 hour.
4. Meanwhile, mix together all the COATING ingredients in a mixing bowl. You will need to melt the coconut oil first.
5. Remove the now firm filling mixture from their mold and dip each one into the coating mixture. You can use a fork for this. Place on parchment paper and freeze when all are covered.
6. Serve when coating is solid!

**Calories: 130 Carbs: 2g Fiber: 1g Fat: 13g Saturated Fat: 10g**

## 3 INGREDIENTS ONLY BOMBS

### ***Ingredients (serves 12)***

1 cup almond butter  
½ cup coconut flour  
2 tablespoons Stevia

---

### ***Instructions***

1. Line a baking sheet with parchment paper.
2. Whisk together the butter, Stevia and coconut flour in a small bowl. Mix until thick, then allow to freeze for 15 minutes.
3. When 15 minutes is up, remove from freezer and roll into 12 small balls with your hands.
4. Place each ball onto the baking sheet then place back in freezer for 20 minutes until firm, then serve!

**Calories: 75 Carbs: 1g Fat: 9g Saturated Fat: 4g Protein: 1.5g**

# MOCHA BOMBS

## ***Ingredients (serves 12)***

1 cup cream cheese  
4 tablespoons Swerve  
2 tablespoons unsweetened cocoa  
¼ cup coffee, chilled  
½ cup dark chocolate, melted  
1/8 cup cocoa butter, melted

---

## ***Instructions***

1. In a blender, mix together the coffee, cream cheese, cocoa and Swerve. Blend until smooth.
2. Roll out 12 small fat bombs from the mixture onto a plate lined with parchment paper.
3. Now mix together the melted dark chocolate and cocoa butter.
4. Roll each ball through the mixture in step 3 until fully covered. Place back on plate when all 12 are done.
5. Allow to set in freezer for 2 hours. Serve when ready!

**Calories: 105 Carbs: 2.3g Fat: 12g Protein: 2g Fiber: 0.7g**

## PUMPKIN CHEESECAKE BOMBS

### ***Ingredients (serves 14)***

8 ounces cream cheese  
4 tablespoons Swerve  
1/3 cup pumpkin puree  
1 tsp pumpkin pie spice  
1 tsp vanilla extract  
2.5 tablespoons coconut flour  
1/3 cup pecans, minced  
1 tsp cinnamon  
2 tablespoons Erythritol

---

### ***Instructions***

1. Line a baking sheet with parchment paper
2. With an electric mixer, beat together the cream cheese, swerve, pumpkin puree, pie spice, vanilla extract and coconut flour.
3. Place mixture and bowl in freezer for 15 minutes until the mixture is semi-firm. Meanwhile, combine the pecans, cinnamon and Erythritol in a separate bowl.
4. Remove mixture from freezer and form 14 small balls from it with your hands. Now roll each one into the pecan, cinnamon and Erythritol mixture until fully covered.
5. Re-freeze for 20 minutes then serve when desired!

**Calories: 80 Carbs: 1.4g Fat: 9g Protein: 1.5g Fiber: 0.5g**

## SALTED CARAMEL PEANUT BUTTER BOMBS

### ***Ingredients (serves 18)***

8 tablespoons butter, unsalted  
1 cup coconut oil  
1 cup natural chunky peanut butter  
¼ cup sugar-free caramel syrup

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### ***Instructions***

1. Over a medium heat, melt all the ingredients into a saucepan and mix thoroughly.
2. Pour mixture into ice-cube tray and place in the freezer for 1 hour or until visibly set.
3. Remove when firm and serve when desired!

**Calories: 125 Carbs: 2.3g Fat: 22g Protein: 3g Fiber: 0.7g**

## CHOCOLATE COCONUT ALMOND BOMBS

### ***Ingredients (serves 30)***

½ cup coconut butter, melted  
½ cup coconut oil, melted  
1 tsp almond extract  
¼ cup cocoa powder, unsweetened  
½ tsp vanilla extract  
10 drops Stevia  
¼ cup almonds, crushed  
¼ cup shredded coconut, unsweetened  
¼ cup cacao nibs

---

### ***Instructions***

1. Melt the coconut butter and coconut oil over a medium heat in a saucepan. Then transfer it to a mixing bowl along with the cocoa powder, almond extract, vanilla extract and Stevia. Mix thoroughly.
2. Add the remaining ingredients and combine.
3. Fill mini cupcake liners with 1 tablespoon of mixture for each. This recipe should make around 30.
4. Leave to firm in freezer for 30 minutes before serving.

**Calories: 87 Carbs: 1g Fat: 7g Protein: 0.3g Fiber: 1g**

## BLACKBERRY FAT BOMBS

### ***Ingredients (serves 16)***

1 cup coconut butter  
1 cup coconut oil  
½ tsp Stevia drops  
½ cup frozen blackberries  
½ tsp vanilla extract  
1 tablespoon lemon juice

---

### ***Instructions***

1. Heat the coconut oil, coconut butter and frozen berries in a saucepan over a medium heat and stir until well combined.
2. Transfer the above mixture to a blender and add the remaining ingredients. Blend until smooth.
3. Pour the mixture out evenly into a pan lined with parchment paper. A 6x6 pan should be fine here.
4. Refrigerate for 1 hour. Remove when hardened and cut into 16 squares before serving!

**Calories: 150 Carbs: 2.8g Fat: 17g Protein: 1g**

## SEA SALTED CHOCOLATE BOMBS

### ***Ingredients (serves 10)***

½ cup whipping cream  
½ cup coconut oil  
½ cup sunflower butter  
1 tsp vanilla extract  
2 tablespoons cocoa powder  
1/3 cup cream cheese  
1 tsp cinnamon  
3 tablespoons grass-fed butter  
2 tsp coarse sea salt

---

### ***Instructions***

1. In a medium sized bowl, whip the whipping cream until peaks form. Fold in the vanilla extract.
2. In a blender, mix together the remaining ingredients MINUS the sea salt. Blend until smooth.
3. Fold this mixture slowly into the whipping cream in step 1 and combine thoroughly.
4. Spoon mixture into silicone molds. This recipe should make around 10 fat bombs.
5. Sprinkle each with some sea salt then freeze for 6-8 hours before serving!

**Calories: 102 Carbs: 2.8g Fat: 19g Protein: 1g**



## VANILLA CHEESECAKE BOMBS

### ***Ingredients (serves 16)***

8 ounces cream cheese

½ cup Splenda

1 cup heavy cream

2 tsp vanilla extract

---

### ***Instructions***

1. Add the cream cheese, Splenda and vanilla extract to a bowl and mix with a hand blender until smooth.
2. Add in the heavy cream and whisk until mixture is thick and produces firm peaks.
3. Spoon mixture into mini cupcake liners. If you can use a piping bag, then that's even better. This recipe should make around 16-20 fat bombs.
4. Set in fridge for 2 hours before serving!

**Calories: 80 Carbs: 1g Fat: 10g Protein: 1g**

## SMOOTH AND CRUNCHY PECAN FAT BOMBS

### ***Ingredients (serves 12)***

½ cup pecans  
¼ cup ghee  
¼ cup coconut butter  
1/8 tsp salt  
¼ cup coconut oil  
½ tsp vanilla extract

---

### ***Instructions***

1. Toast the pecans in a skillet over a medium heat until darker. They should smell toasty when ready.
2. Now chop the pecans into reasonably large chunks. This comes down to personal preference, how big you have them.
3. In a different saucepan, melt the coconut butter, ghee and coconut oil together over a low heat. Now stir in the vanilla and salt.
4. Divide out the chopped pecans into the silicon mold of your choice. I prefer using a cubed mold that holds 12 for this recipe.
5. Pour the mixture over the pecans evenly then leave to freeze for 30 minutes until hard.
6. If you don't have a mold, you can simply freeze the mixture in a container then chop it up afterwards!

**Calories: 142 Carbs: 2g Fat: 16g Saturated fat: 10g Fiber: 1g Protein: 1g**

## KEY LIME PIE BOMBS

### ***Ingredients (serves 30)***

2 cups raw cashews  
½ cup coconut butter  
1 cup coconut oil  
¾ cup key lime juice  
¼ tsp Stevia

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### ***Instructions***

1. Boil the cashew nuts for 12 minutes.
2. Melt the coconut oil over a medium heat in a saucepan.
3. Transfer the melted coconut oil to a food processor with all other ingredients, including cashews and blend until smooth.
4. Transfer mixture to a mixing bowl and leave in freezer for 30 minutes.
5. Form as many small balls as you can from the mixture. This recipe should make about 30 small fat bombs. Return these to the freezer for 20 minutes so they harden.
6. When ready to serve, leave them out to thaw a little beforehand.

**Calories: 152 Carbs: 4g Fat: 15g Protein: 2g**

# KETO MOUSSE BOMB

## *Ingredients (serves 2)*

1 cup full fat mascarpone cheese  
1 tablespoon Erythritol  
1 tsp baking cocoa powder

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## *Instructions*

1. Simply mix together the mascarpone cheese, cocoa powder and Erythritol until mixture is smooth.
2. Leave in fridge for 10 mins before consuming!

**Calories: 252 Carbs: 2g Fat: 25g Protein: 1.5g Fiber: 3.4g**

## PUMPKIN PIE FAT BOMBS

### ***Ingredients (serves 12)***

½ cup shredded coconut, unsweetened  
½ cup coconut oil  
¼ cup collagen  
20 drops Stevia  
¼ tsp Himalayan salt  
¾ cup pumpkin puree  
1 tablespoon ground cinnamon  
1 tsp ground ginger  
¼ tsp vanilla extract  
Pinch of ground cloves

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### ***Instructions***

1. Line baking sheet with 12 mini muffin silicon molds.
2. In a blender, mix together the coconut oil, Stevia, shredded coconut and salt until smooth and drippy.
3. Remove a quarter cup of the above mixture, then add the remaining ingredients and blend again.
4. Pour this mixture evenly into the 12 molds. Press the mixture firmly into the mold.
5. Now, with the remaining quarter cup from step 3, pour this over the top of each fat bomb. This will create a layered effect.
6. Place on baking sheet then leave in freezer for 1 hour, then serve!

**Calories: 202 Carbs: 2g Fat: 21g Protein: 3.5g Fiber: 3.4g**

## PECAN PEANUT CRUNCH FAT BOMBS

### ***Ingredients (serves 16)***

2 cups chopped pecan nuts  
4 tablespoons melted coconut oil  
2 tablespoons melted grass-fed butter  
2 tablespoon peanut butter (sugar-free if possible)  
2 tablespoon cocoa powder, unsweetened  
½ tsp Stevia powder

---

### ***Instructions***

1. Melt the coconut oil and butter in a saucepan over medium heat, stirring well.
2. Finely chop the pecan nuts, then mix ALL the ingredients together in a medium-sized mixing bowl until fully combined.
3. Spoon the mixture into small cupcake molds, about 1 tablespoon per mold made me 16 fat bombs.
4. Leave in freezer for 15 minutes until firm.
5. Serve when desired. These can be stored in fridge or freezer.

**Calories: 130 Carbs: 2.4g Fat: 15g Protein: 1.5g**

## COFFEE CHEESECAKE FAT BOMBS

### ***Ingredients (serves 17)***

2 cups cream cheese  
1 cup grass-fed butter  
1/3 cup Stevia  
2 tablespoons cocoa powder, unsweetened  
3 tablespoons cold brew coffee

---

### ***Instructions***

1. Mix together the cream cheese, grass-fed butter and Stevia in a medium-sized bowl. Use a blender for best results.
2. Scoop out one cup of the above mixture and transfer it to a small bowl. Now add the cocoa powder to this mixture and stir until combined.
3. Add the cold coffee brew to the medium-sized bowl in step 1 and stir until combined.
4. For the best results, use a casserole dish of an 8"x8" size and line it with parchment paper.
5. Line the bottom of the casserole dish with the cocoa mixture from step 2. This is your base, so to speak.
6. Now spread the other mixture over the top of this base, covering entirely.
7. Leave in freezer for 4 hours. Cut into squares when ready then serve.

**Calories: 180 Carbs: 1.4g Fat: 20g Saturated Fat: 12g Protein: 1.5g**

# FERRERO ROCHER FAT BOMBS

## ***Ingredients (serves 10)***

¾ cup ground hazelnuts  
3 tablespoons coconut oil  
2 tablespoons Erythritol  
1 ounce dark chocolate (85% cocoa)  
½ tsp vanilla extract  
½ tablespoon baking cocoa powder  
½ cup chopped whole nuts and hazelnuts

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## ***Instructions***

1. Melt the dark chocolate and coconut oil in a microwave or saucepan until fully melted.
2. Blend together the hazelnuts, Erythritol, cocoa powder and vanilla extract in a food processor. Now pour in the mixture from step 1 and blend again.
3. Place mixture in freezer for 10 minutes. Make 10 balls from the mixture with your hands by rolling each ball around a whole hazelnut so it sits in the middle of the mixture.
4. Roll each ball into the chopped whole nuts and hazelnuts until fully covered. Serve immediately!

**Calories: 145 Carbs: 2.4g Fat: 14g Protein: 1.9g Fiber: 1.7g**



## BLUEBERRY FAT BOMBS

### ***Ingredients (serves 12)***

¾ cup of cream cheese  
½ cup blueberries  
5 tablespoons butter  
¼ tsp vanilla extract  
3 tablespoons coconut oil  
1/8 tsp sea salt

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### ***Instructions***

1. Blend all the ingredients together in a food blender until smooth.
2. Spoon the mixture evenly into a parchment-lined loaf pan.
3. Freeze mixture for 1 hour until firm. Remove and cut into 12 pieces.
4. Return to freezer for another hour until mixture is solid. Remove from pan then serve!

**Calories: 115 Carbs: 1g Fat: 12g Protein: 1g Fiber: 1.2g**

## CHOCOLATE TAHINI FAT BOMBS

### ***Ingredients (serves 16)***

2 ounces cacao butter  
1 ounce cacao baking chocolate  
¼ cup coconut oil  
¼ cup Swerve  
½ cup tahini  
Flaky sea salt

---

### ***Instructions***

1. Melt together the coconut oil, baking chocolate and cacao butter in a small saucepan on a low heat. Stir while heating.
2. Whisk in the Swerve and tahini with the above mixture until fully combined.
3. Line a muffin tin with liners and scoop the mixture into each compartment.
4. Chill for 30 minutes before serving.

**Calories: 125 Carbs: 1g Fat: 12g Protein: 1.5g**

# SAVORY FAT BOMBS

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## SALMON AND LEMON FAT BOMBS

### *Ingredients (serves 6)*

½ cup cream cheese  
1/3 cup grass fed butter  
1.8 ounces smoked salmon  
1 tablespoon lemon juice  
1 tablespoon chopped dill  
Pinch Himalayan salt

---

### *Instructions*

1. Add the butter, cream cheese, salmon, dill and lemon juice to a food processor and blend until smooth. Add a pinch of salt and blend again.
2. Line a baking sheet with parchment paper. Use 2 tablespoons of mixture per fat bomb you make. You should be able to make around 6 or 7. Place them on the baking sheet. Garnish with some more dill.
3. Add to fridge for 2 hours. The fat bombs should come out firm but not solid
4. Serve when ready!

**Calories: 140 Carbs: 0.3g Fat: 15g Saturated Fat: 9g Protein: 3g**

# BREAKFAST BOMBS

## ***Ingredients (serves 6)***

2 large eggs  
¼ cup ghee  
2 tablespoons mayo  
Pinch of black pepper  
¼ tsp Himalayan salt  
4 slices bacon

---

## ***Instructions***

1. Preheat oven to 375F. Place bacon strips on a lined baking tray and cook for 10 minutes or until golden. When ready, remove from oven and set aside.
2. Hard-boil the eggs. This should take around 10 minutes in a small sauce pan with water. Place eggs in cold water when done then peel shell off when chilled.
3. Now mash the eggs into the butter using the back of a fork. Add the mayo, salt and pepper. For extra flavor, you can pour in the bacon grease. Mix well.
4. Place in fridge for 20 minutes until the fat bombs are firm. Meanwhile, crumble the bacon into small pieces.
5. Remove egg mixture from fridge, then roll them into 6 balls. Now roll each ball into the bacon to cover.
6. When all balls are covered, place in fridge and serve when ready! These can be eaten immediately.

**lories: 180 Carbs: 0.3g Fat: 17g Saturated Fat: 6.5g Protein: 4g**

## CHEESE BALL BOMBS

### ***Ingredients (serves 6)***

5 ounces cream cheese  
1 tsp garlic, minced  
6 olives, chopped  
2 tablespoons parmesan cheese  
¼ tsp salt

---

### ***Instructions***

1. Mix together the cream cheese, chopped olives, minced garlic and salt in a small bowl.
2. Place in fridge for 30 minutes, then use your hands to roll 6 balls out of the mixture. Make sure the balls are firm before rolling.
3. Now, roll each ball over the parmesan cheese until fully covered. Place back in fridge then serve when ready!

**Calories: 75 Carbs: 1g Fiber: 4.5g Fat: 7 Protein: 2g**

## JALAPENO POPPER BOMBS

### ***Ingredients (serves 6)***

3.5 ounces cream cheese  
4 slices bacon  
¼ cup ghee  
¼ cup cheddar cheese, grated  
2 jalapeno peppers, halved, seeded and chopped

---

### ***Instructions***

1. In a blender, mix together the cream cheese and ghee until smooth.
2. Preheat oven to 325F and line a baking sheet with parchment paper. Use a rimmed sheet if possible, for the bacon fat.
3. Lay bacon on sheet side by side and cook for 25 minutes or until crispy. Remove when you are satisfied with how crisp the bacon is.
4. Crumble the bacon in a bowl.
5. Now add the cheddar cheese, jalapenos and all the bacon grease to the mixture in step 1. Blend until smooth then place in the fridge for 30 minutes until set.
6. When set, make 6 balls from the mixture then roll them each into the bacon pieces until fully covered. Serve immediately after!

**Calories: 200 Carbs: 1g Fiber: 2g Fat: 20g Saturated Fat: 10g Protein: 4g**

# MACAROON FAT BOMBS

## ***Ingredients (serves 10)***

¼ cup almond flour  
½ cup shredded coconut, unsweetened  
2 tablespoons Swerve  
1 tablespoon vanilla extract  
1 tablespoon coconut oil  
3 egg whites

---

## ***Instructions***

1. Mix together the coconut shreds, almond flour and Swerve until fully combined.
2. Now, melt the coconut oil and vanilla extract over a medium heat in a saucepan.
3. Mix the two mixtures together and combine thoroughly.
4. Whisk egg whites until very foamy and produce stiff peaks.
5. Mix the egg whites into the mixture in step 3. Mix slowly until combined then spoon the mixture out into muffin cups. This recipe makes 10 fat bombs.
6. Bake at 400F for 8 minutes. The tops should get nice and brown.
7. Remove and serve after allowing to cool for 10 minutes on the baking sheet.

**Calories: 50 Carbs: 0.7g Fat: 6g Protein: 2g Fiber: 0.5g**

# MEGA QUICK PIZZA BOMBS

## ***Ingredients (serves 6)***

4 ounces cream cheese  
14 slices pepperoni  
8 black olives, pitted  
2 tablespoons basil, chopped  
2 tablespoons sun dried tomato pesto  
Salt and pepper to taste

---

## ***Instructions***

1. Chop the pepperoni and olives into small pieces before adding them to a medium sized bowl with the rest of the ingredients.
2. Mix together until fully combined.
3. Form into 6 balls.
4. Garnish with some extra basil and olives if you desire.
5. Serve immediately!

**Calories: 110 Carbs: 1.5g Fat: 10g Protein: 2.6g**



## ALFREDO FAT BOMBS

### ***Ingredients (serves 6)***

½ cup cream cheese  
1 tablespoon ghee  
3 tablespoons parmesan cheese  
1 tsp garlic powder  
2 tablespoons chopped parsley  
¼ tsp Himalayan salt  
1/8 tsp black pepper

---

### ***Instructions***

1. In a medium sized bowl, mix together the ghee and cream cheese. Combine well.
2. Add in the garlic powder and parmesan cheese and combine thoroughly.
3. Now add the chopped parsley, salt and pepper. Combine once more then place in fridge for 1 hour.
4. When firm, remove from fridge and roll into 6 balls. Return balls to fridge for another hour before serving!

**Calories: 95 Carbs: 2g Fiber: 1g Fat: 10g Protein: 2g**

# PROSCIUTTO AVOCADO FAT BOMB

## ***Ingredients (serves 10)***

1 avocado  
1 lime  
10 slices of prosciutto

---

## ***Instructions***

1. Cut avocado in half, removing stone and cut into large slices. You should get around 4 slices per half of avocado.
2. Drizzle the lime over the top of the slices. Now lay the prosciutto slices flat on a plate and put the avocado slices on each one.
3. Roll the prosciutto around the avocado, squeeze a little more lime over the top and serve immediately!

**Calories: 87 Carbs: 1g Fat: 7g Protein: 8g**

## SAUSAGE BALL BOMBS

### ***Ingredients (serves 23)***

1 lb breakfast sausage  
1 cup almond flour  
1 egg  
8 ounces cheddar cheese  
¼ cup parmesan cheese, grated  
1 tablespoon coconut oil  
¼ tsp salt  
2 tsp baking powder

---

### ***Instructions***

1. Preheat oven to 350F.
2. Combine ALL the ingredients in a large mixing bowl. Mix thoroughly.
3. Use your hands to roll out 23-27 small sausage balls then place them on a baking sheet.
4. Bake in oven for 17 minutes.
5. Serve when ready!

**Calories: 120 Carbs: 1g Fat: 11g Protein: 6g**

## BRIEF BUTTER PECAN FAT BOMBS

### *Ingredients (serves 2)*

4 pecan halves, toasted  
Pinch of Himalayan salt  
½ tablespoon grass fed butter

---

### *Instructions*

1. Simply spread half of your desired grass-fed butter between 2 pecan halves, sprinkle some salt in there and sandwich the 2 halves together and you're done!

**Calories: 87 Carbs: 0.2g Fat: 10g Protein: 1g**

## THANK YOU!

Thank you so much for trying out my book! I am an independent author who loves making and sharing recipes. Since the work on this book is entirely a one-man (woman) operation, I hope you'll forgive any errors I may have missed!

I hope you enjoyed the fat bombs and they work as well for you as they have for me!

Megan