



Cacao Fat Bombs

Keto Fat Bombs come in a million different recipes! You'll find dairy free, nut free, and of course, sugar free versions out there! This one combines some of Boss Babe's favorite ingredients and is pretty versatile if you want to change it up! What will you mix in?!

Here are the Ingredients You'll Need:

- 1/2 C Nut Butter
- 1/4 C Cacao Powder
- 1/4 C Butter
- 1 T Swerve (we used confectioners)
- 1-2 Dropper Liquid Stevia
- 3 T Unsweetened Coconut



Recipe:

- Melt the butter and nut butter together, then mix in the remaining ingredients.
- Freeze for 2+ hours!

The Keto Dad Tips:

- I split the batch and did half cacao nibs (for double chocolate!) and the other half almonds. Make as many variations as you want!
- The coconut added a little sweetness. Add a pinch of pink salt if you prefer! Put a few crystals at the bottom of the mold and they'll be on top when you pop them out!
- We recommend small round silicone popsicle molds for fat bombs! So easy to make and cleans up quick! You can also pour in a pan and cut before frozen.
- Cacao or Cocoa? Stick with Cacao - it has more nutrients and is less processed!

Serves: Makes 9, Serving Size: 1

Macros: Calories 160, Fat 14g, Carbs 5g, Fiber 2g, (Net Carbs 3) Protein 3g

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