



# No Bake Cookie Dough Balls

No-Bake Cookie Dough Bites are the perfect Keto “Fat Bomb” to keep in the fridge! Easy to make, basic ingredients, and all the flavor of delicious cookie dough. Our kids love them and you will too!

## Recipe:

4 oz Cream Cheese  
4 T Butter, softened  
½ tsp Vanilla  
3 T Sweetener  
1 T Peanut Butter (or Almond Butter)  
½ C Almond Flour  
¼ C Chocolate Chips (we used Lily’s)

Blend the Cream Cheese, Butter, and Vanilla together. Add in Peanut Butter, then Sweetener and Flour. Finally, blend in the Chocolate Chips. Refrigerate for easier scooping!

We used a .84 Tablespoon Cookie Scoop to scoop out the fat bombs. Makes 20!



Store in the fridge or freezer!

## The Keto Dad Tips and Tricks:

- We prefer to use powdered sweeteners in our no-bake recipe. No crunch! Love the So Nourished Monkfruit blend!
- No-bake! Mix them up and store in the fridge for a sweet tooth!
- There are a wide variety of Keto friendly chocolate chips available. You can reduce the quantity of chocolate chips to reduce carbs!

Makes 20 balls, serving size is 2 balls

Calories: 142, Fat: 14g, Carbs: 3g, Fiber: 2g, (Net Carbs 1) Protein: 3g

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