

3 SIMPLE STEPS TO CREATE THE PERFECT FAT BOMB

Step 1: Choose Your Fat

- Coconut Oil
- Butter
- Almond Butter*
- Ghee
- Bacon Fat
- Peanut Butter*
- Coconut Cream
- Oils
- Heavy Cream
- Cream Cheese

**Choose all natural and read labels to avoid added sugars.*

Always purchase full-fat versions of cream cheese, heavy cream, and coconut cream.

Soften butter, cream cheese, coconut oil, and nut butters before mixing with other ingredients.

Feel free to choose more than 1 fat for variety.

Step 2: Choose Flavors

- Pure Flavor Extracts
- Dark Chocolate
- Unsweetened Cocoa Powder
- Spices/Herbs
- No Calorie Sweeteners
- Sugar Free Gelatin

Remember a small amount of flavoring goes a long way. Start with a small amount!

Always check with your keto medical team about which sweeteners are appropriate.

Read labels carefully to make sure there are no hidden carbohydrates in flavoring products.

Step 3: Choose Textures

- Almonds/Walnuts
- Macadamia Nuts
- Chia Seeds/Flaxseeds
- Shredded Unsweetened Coconut
- Bacon Bits
- Cocoa Nibs
- Coconut or Almond Flour

Textures are optional.

Directions:

Combine all your chosen ingredients and mix well.

Divide into portions using ice cube trays or candy molds.

Let sit in the freezer or fridge until they are solid.

MUST TRY COMBINATIONS

#1: Coconut oil + cocoa powder + sweetener + walnuts

#2: Cream cheese + butter + basil + bacon bits

#3: Coconut oil + shredded coconut + cocoa powder + peppermint oil

#4: Almond butter + cinnamon + almond extract + sliced almonds

#5: Butter + crunchy peanut butter + cocoa powder + sweetener

#6: Coconut oil + lemon zest + macadamia nuts + sweetener



Remember sweeteners are always optional. Amounts of each ingredient above will vary depending on your ketogenic ratio and goals. Use a food tracking app to analyze the above ingredients with different amounts to find the right proportions and combination to meet your keto needs.

FAT BOMB RECIPES

Try these tasty recipes to curb sweet cravings and raise your ketones!

Chocolate Peanut Butter

Makes 30 Fat Bombs

- 3/4 cup (164 g) coconut oil
- 1/2 cup (114 g) butter
- 2 Tbsp (32 g) natural peanut butter
- 3 Tbsp (16 g) unsweetened cocoa
- 2 Tbsp (30 g) sugar-free flavoring (optional)

Directions: Melt all ingredients together in a sauce pan on low heat. Divide into 30 portions using ice cube trays or molds. Cool in refrigerator for one hour or until solid.

Nutrition (2 fat bombs): 166 calories, 18 grams fat, 1 gram total carb, 0.5 grams fiber, 0.5 grams net carbs, 1 grams protein (~12:1 ketogenic ratio)

Strawberry Cheesecake

Makes 12 Fat Bombs

- 6 oz (170 g) full-fat cream cheese (softened)
- 5 Tbsp (71 g) unsalted butter (softened)
- 1/2 cup (76 g) strawberries (chopped)
- 1 tsp (4 g) vanilla extract
- 2 packets (2 g) Stevia (optional)
- 2 Tbsp (30 g) heavy cream

Directions: Puree the strawberries in a food processor. Gently mix in the Stevia and vanilla extract. Add the butter, cream cheese, and heavy cream to the strawberry mixture. Whip everything together with a mixer until creamy. Transfer to ice cube trays or molds. Cool in freezer for 2 hours.

Nutrition (1 fat bomb): 104 calories, 11 grams fat, 1.2 grams total carbs, 0.2 grams fiber, 1 gram net carbs, 1 gram protein (~5.5:1 ketogenic ratio)

Peppermint

Makes 12 Fat Bombs

- 1 cup (218 g) coconut oil (melted)
- 2 Tbsp (30 g) sugar-free flavoring (optional)
- 1/2 tsp peppermint extract
- 4 Tbsp (22 g) unsweetened cocoa

Directions: Mix the coconut oil with the sweetener and peppermint. Pour half the mixture into molds or ice cube trays. Place in the freezer. Add the cocoa powder to the remaining mixture. Place in the fridge to cool. Once the layer in the freezer is set, pour the cooled chocolate layer on top. Place back in freezer or fridge.

Nutrition (1 fat bomb): 168 calories, 18 grams fat, 1.5 grams total carbs, 0.75 grams fiber, 0.75 grams net carbs, 0.5 grams protein (~14:1 ketogenic ratio)

Coconut Almond Butter

Makes 12 Fat Bombs

- 1/2 cup (128 g) almond butter
- 1/2 cup (114 g) butter
- 1/2 cup (56 g) coconut flour
- 2 packets (2 g) Stevia (optional)

Directions: In a medium bowl, whisk together almond butter, butter, coconut flour, and Stevia (optional). When mixture gets thick, cover the bowl and freeze for 20 minutes. Remove the bowl from freezer. Using a spoon size amount, roll between your palms to form a ball.

Nutrition (1 fat bombs): 155 calories, 15 grams fat, 5 gram total carb, 3 grams fiber, 2 grams net carbs, 3 grams protein (~3:1 ketogenic ratio)

PRE-PACKAGED FAT BOMB PRODUCTS

- SlimFast Keto Fat Bomb Snack Cups
- Evolved Keto Cups
- Atkins Keto Cups
- No Sugar Keto Cups
- SuperFat Keto Nut Butter Pouches

Keep in mind these products may contain a variety of sweeteners that may not be appropriate for your specific needs. Always check with your keto team before consuming any products listed.

In addition, many of these products calculate net carbs by subtracting sugar alcohols, fiber, and sweeteners. Always read the label and count net carbs based on the advisement of your keto team.