

Keto Chocolate Fat Bombs

Makes ~12 fat bombs (1.5 oz each)



Ingredients:

- 1 cup **natural peanut butter** (or almond butter)
- 1/2 cup **coconut oil** (or butter)
- 1/2 cup **unsweetened cocoa powder**
- 4–6 tbsp **powdered erythritol, Swerve, or monk fruit blend** (adjust to taste)
- 1 tsp **vanilla extract**
- Pinch of **salt**
- Optional: 2–4 tbsp **collagen or protein powder** (adds structure)

Instructions:

1. In a saucepan over low heat, melt the **peanut butter** and **coconut oil** together until smooth.
2. Remove from heat. Stir in **cocoa powder, sweetener, vanilla, salt, and optional protein powder**.
3. Whisk until completely smooth. Taste and adjust sweetness if needed.
4. Pour into [12 silicone molds](#) (1.5 oz each).
5. Freeze for 1–2 hours until solid. Store in the **freezer** for longer shelf life or **fridge** for a softer texture.

PER FAT BOMB (1.5 oz): Fat: ~15.5g, Protein: ~3.75g, Net Carbs: ~1.8g