



Chocolate Coconut Fat Bombs

8 servings

30 minutes

Ingredients

- 3/4 cup Coconut Oil
- 1/3 cup Cacao Powder
- 2 tbsps Monk Fruit Sweetener
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	205
Fat	22g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	38mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	7mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener, Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil, Use coconut butter instead.

Likes it Sweet, Add more sweetener as desired.

No Silicone Mold, Use parchment-lined mini muffin molds.

Serving Size, One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage, Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.