

### Chocolate Coconut PB Fat Bomb

#### INGREDIENTS

4 tbsp Peanut Butter (60 g)  
2 tbsp Butter (30 g)  
2 tbsp Coconut Oil (30 g)  
2 tbsp Shredded Coconut (20 g)  
4 tbsp Cocoa Powder (20 g)  
1 tbsp Swerve Erythritol (15 g)  
Vanilla Extract  
Salt

#### NUTRITION (per serving)

Number of Servings - 6  
175 Calories  
Fat - 17 g  
Protein - 3 g  
Carbohydrate - 4 g  
Fiber - 2 g  
Sugar - 1 g  
**NET CARBS - 2 g**

#### DIRECTIONS

1. To toast coconut, sprinkle evenly in a small saucepan on medium heat
2. Stir constantly until you smell the coconut and it is golden brown  
**NOTE:** If you don't stir, the bottom will burn.
3. Mix all ingredients in a bowl until thoroughly mixed, you may need to gently heat the butter and coconut oil if they are cold & solid
4. Place into 6 muffin cups and freeze for 20 minutes or place in fridge overnight
5. Store in freezer in an airtight container

EAT LOCAL & SUSTAINABLE



Want more recipes? Get my 30-Day Meal Plan!

[www.ketodietresults.com/30day](http://www.ketodietresults.com/30day)