

The 5-Ingredient Keto Snack I Always Keep in My Freezer

Why I Love These Keto Fat Bombs



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15 min

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INGREDIENTS

1/2 cup almond butter (unsweetened, creamy)
1/4 cup coconut oil (melted)
1/4 cup unsweetened cocoa powder
2 tablespoons powdered erythritol (or your favorite low-carb sweetener)
1/2 teaspoon vanilla extract
Chopped almonds
Sea salt
Unsweetened coconut flakes

DIRECTIONS

- 1. Melt the : Coconut Oil** start by gently melting the coconut oil in the microwave or in a small saucepan over low heat. It only takes about 30 seconds and helps the ingredients mix smoothly.
- 2. Stir : It All Together**In a mixing bowl, I combine the almond butter, cocoa powder, sweetener, melted coconut oil, and vanilla extract. I stir until it forms a smooth, thick batter-almost like a silky chocolate frosting.
- 3. Fill the : Molds**Using a spoon or small cookie scoop, I divide the mixture into silicone molds or mini muffin liners. I've used everything from silicone ice cube trays to candy molds, and they all work fine. A quick tap on the counter helps flatten them out.
- 4. Freeze : Until Firm**I pop them in the freezer for about 30 minutes. Once they're set, I transfer them to an airtight container and keep them stored in the freezer. They're best eaten cold since coconut oil melts quickly at room temp.
- 5. Enjoy : Anytime a Craving Hits**Whenever I feel the urge for something sweet, I grab one. They melt in your mouth and give you that decadent hit of chocolate without any of the sugar.

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