

Bulletproof Fat Bombs

Hands-on 15 minutes Overall 3-4 hours

Nutritional values (per serving, 1 fat bomb): Total carbs: 0.6 g, Fiber: 0.2 g, **Net carbs: 0.4 g,**

Protein: 0.8 g, Fat: 8.1 g, Calories: 77 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 20 fat bombs)

1 cup creamed [coconut milk](#) or mascarpone cheese or full-fat cream cheese (250 g/ 8.8 oz)

1/4 cup butter or [extra virgin coconut oil](#) (56 g/ 2 oz)

2 tbsp MCT oil or [Brain Octane Oil](#) or more [coconut oil](#) (30 ml)

2 tbsp [cacao powder](#) or [Dutch process cocoa powder](#)

1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g / 1.4 oz)

10-15 drops [liquid Stevia](#) extract, or to taste

1/2 cup strong brewed coffee or caffeine-free [chicory coffee](#) (120 ml/ 4 fl oz)

Optional: 1 tsp sugar-free [rum extract](#) or 2-4 tbsp dark rum

Bombs.

5. Place in the freezer for 2-3 hours or until firm.
6. Enjoy! Store in the freezer for up to 3 months.

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Instructions

1. Place the softened creamed coconut milk (or mascarpone cheese), butter or coconut oil, MCT oil and cocoa powder. Optionally, add the rum extract
2. Add powdered Erythritol and stevia into a blender and pulse until smooth. I'm using my [Kenwood mixer](#) with a blender attachment.
3. Pour in the prepared coffee (room temperature or lukewarm, not hot) and pulse again until smooth. Pour into the into the ice-cream maker (I use [Cuisinart](#)) and process according to the manufacturer's instructions. It may take anything between 30-60 minutes depending on your ice-cream maker. Using an ice-cream maker makes the texture smoother & creamy and also allows me to form the "bomb" shapes. *Tips when you don't have an ice-cream maker: Pour the mixture directly into an ice tray or small muffin tin. You should be able to fit ~ 2 tablespoons per fat bomb or make smaller fat bombs. You can also use 1-2 teaspoons instant coffee powder instead of 1/2 cup of coffee. The mixture will be thicker and you won't need an ice-cream maker.*
4. Spoon about 2 tablespoons of the ice-cream into ice tray (I used [this Ball Shaped Lollypop Tray](#)) which is great for making fat bomb shapes. I used the same one in my [Strawberry Cheesecake Fat](#)