

Savory Mediterranean Fat Bombs

Hands-on 10 minutes Overall 45 minutes



Nutritional values (per serving / 1 piece): Total carbs: 2 g, Fiber: 0.3 g, **Net carbs: 1.7 g**,

Protein: 3.7 g, Fat: 17.1 g, Calories: 164 kcal,

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

Ingredients (makes 5 servings / fat bombs)

1/2 cup cream cheese, full-fat (100 g / 3.5 oz)

1/4 cup butter or [ghee](#), softened at room temperature - you can [make your own ghee](#) (55 g / 2 oz)

2-3 tbsp freshly chopped herbs (basil, thyme and oregano) or 2 tsp dried herbs

4 pieces sun-dried tomatoes, drained (12 g / 0.4 oz)

4 olives, pitted, kalamata or other type (12 g / 0.4 oz)

2 cloves garlic, crushed

freshly ground [black pepper](#)

1/4 tsp salt or more to taste (I like [pink Himalayan](#))

5 tbsp parmesan cheese, grated (25 g / 0.9 oz)

When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Cut the butter into small pieces and place in a bowl with the cream cheese. Leave it on a kitchen counter for 20-30 minutes to soften. Mash with a fork and mix until well combined. Add the chopped sun-dried tomatoes and chopped kalamata olives.
2. Add freshly chopped herbs (or dried), crushed garlic and season with salt and pepper. Mix well and place in the fridge for 20-30 minutes to solidify.
3. Remove the cheese mixture from the fridge and start creating 5 balls. You can use a spoon or an ice-cream scooper. Roll each ball in the grated parmesan cheese and place on a plate. Eat immediately or store in the fridge in an airtight container for up to a week. Enjoy!

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