

Keto Spiced Cocoa Coolers

Hands-on 10 minutes Overall 1-2 hours

Nutritional values (per serving, 1 fat bomb): Total carbs: 0.8 g, Fiber: 0.3 g, **Net carbs: 0.5 g,**

Protein: 0.3 g, Fat: 2.5 g, Calories: 24 kcal,

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



Ingredients (makes about 20 fat bombs)

1 cup heavy whipping cream *or* [coconut milk](#), I like [Aroy-D coconut milk](#) (240 ml/ 8 fl oz)

2 tbsp raw [cocoa powder](#) *or* [Dutch process cocoa powder](#)(11 g/ 0.4 oz)

1 [vanilla bean](#) *or* 1 tsp sugar-free [vanilla extract](#)

1 tsp [cinnamon](#)

1/4 tsp cayenne pepper

2 tbsp [Erythritol](#) *or* [Swerve](#) *or* other healthy [low-carb sweetener](#) [from this list](#) (20 g/ 0.7 oz)

Optional: 15-20 [liquid stevia](#) drops, *or* to taste

Instructions

1. All the ingredients will dissolve easier if you slightly warm up the cream or coconut milk.
2. Place all the other ingredients into the cream (or coconut milk) and mix until well combined.
3. Pour the liquid into an ice cube tray (about 1 tablespoons per piece) and transfer into the freezer for about 1-2 hours until frozen.
4. Store in the freezer for up to 3 months.

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