

Waldorf Salad Fat Bombs

Hands-on 10 minutes Overall 40 minutes

Nutritional values (per fat bomb): Total carbs: 4 g, Fiber: 1.4 g, **Net carbs: 2.5 g,**

Protein: 4.5 g, Fat: 19.3 g, Calories: 194 kcal,

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



Ingredients (makes 6 fat bombs)

1/3 cup + 1 tbsp full-fat cream cheese, at room temperature (85 g/ 3 oz)

2 tbsp unsalted butter or [ghee](#), at room temperature (28 g/ 1 oz)

1/2 cup crumbled blue cheese (65 g/ 2.3 oz)

1/2 small green apple, diced into small pieces (60 g/ 2.1 oz)

1/4 tsp garlic powder

1/4 tsp onion powder

2 tbsp chopped fresh chives or spring onion (5 g/ 0.2 oz)

Sea salt and pepper, to taste

2/3 cup (70 g/ 2.5 oz) [pecans](#) or [walnuts](#), roughly chopped

Instructions

1. In a bowl, mash together the cream cheese and butter, or process in a food processor until smooth.
2. Add the crumbled blue cheese, apple, garlic powder, onion powder, and chives. Stir to combine. Season with salt and pepper. Refrigerate for 20 to 30 minutes, or until set.
3. Using a large spoon or an ice cream scoop, divide the mixture into 6 balls. Roll each ball in the pecans. Enjoy immediately or refrigerate in an airtight container for up to 1 week.

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