

# Cheesy Pesto Fat Bombs

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving, 2 heaping tbsp/ 1 1/2 oz/ 40 g):** Total carbs: 1.6 g,

Fiber: 0.3 g, **Net carbs: 1.3 g**, Protein: 4.3 g, Fat: 12.9 g, Calories: 124 kcal,

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



## Ingredients (makes 1 1/3 cups, 8 servings)

### Dip:

1 cup full-fat cream cheese (240 g/ 8.5 oz)

2 tbsp basil pesto (30 g/ 1.1 oz) - *you can [make your own pesto](#)*

1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

10 olives, sliced (28 g/ 1 oz)

*Optional:* salt and pepper to taste

### Eat with:

freshly cut cucumber slices, bell peppers or crispy lettuce leaves

or refrigerate for 30 minutes, create balls and roll in grated or flaked

Parmesan cheese like I did in this my [Mediterranean Fat Bombs](#) or

crumbled bacon pieces like I did in my [Bacon & Egg Fat Bombs](#).

## Instructions

1. Place all the ingredients in a bowl: cream cheese, parmesan, pesto and olives. Mix using a spatula until well combined.
2. Slice the cucumber or other fresh vegetables you plan to serve it with.
3. Place the remaining dip in an airtight container and keep refrigerated for up to a week. If you can't eat it within a week, halve the recipe.

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