

Healthy Low-Carb Granola Fat Bombs

Hands-on 10 minutes Overall 20-30 minutes

Nutritional values (per fat bomb): Total carbs: 5.4 g, Fiber: 3 g, **Net carbs: 2.4 g,**

Protein: 5.4 g, Fat: 15.8 g, Calories: 180 kcal,

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



Ingredients (makes 12 servings)

1 cup whole raw [almonds](#) (143 g/ 5 oz)

1/4 cup raw pepitas (33 g/ 1.1 oz)

1/4 cup [sunflower seeds](#) (35 g/ 1.2 oz)

1 cup unsweetened [shredded coconut](#) (75 g/ 2.6 oz)

pinch of sea salt

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

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

1/4 cup [coconut cream](#) (85 g/ 3 oz)

1/4 cup melted virgin [coconut oil](#) (60 ml/ 2 fl oz)

Note: For more flavor, try toasting the [shredded coconut](#) in the oven for 2-3 minutes. You can [make coconut cream](#) by following [this guide](#).

Instructions

1. Place the almonds, pepitas and sunflower seeds in a [food processor](#).
2. Add the shredded coconut, salt, powdered Swerve, vanilla extract, coconut cream and melted coconut oil.
3. Pulse until combined.
4. Line a muffin pan with paper muffin cups and divide the mixture between the 12 spots. Freeze for 20-30 minutes.
5. To store, refrigerate for up to 1 week or freeze for up to 2 months.

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