

Maple & Pecan Fudge Fat Bombs

Hands-on 10 minutes Overall 1-2 hours

Nutritional values (per fat bomb): Total carbs: 4.1 g, Fiber: 2.7 g, **Net carbs: 1.4 g,**

Protein: 2.6 g, Fat: 26 g, Calories: 247 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 16 fat bombs)

Spiced Maple & Pecan Butter:

- 3 cups pecans or walnuts (300 g/ 10.6 oz)
- 1/2 tsp vanilla powder or 1 tsp vanilla extract (you can make your own)
- 1/2 tsp ground cinnamon
- 1 tsp sugar-free maple extract
- pinch salt

Maple & Pecan Fudge:

- 1 recipe Maple & Pecan Butter (see above)
- 1/4 cup powdered Erythritol or Swerve (40 g/ 1.4 oz)
- 1/2 cup unsalted butter or coconut oil (112 g/ 4 oz)
- 1 1/4 cup chopped pecans + 16 pecan halves (150 g/ 5.3 oz)
- Optional:* 10-20 drops liquid stevia (I like NuNaturals and SweetLeaf)

Instructions

1. Start by making the Spiced Maple & Pecan Butter. In a food processor, combine the pecans (or walnuts), vanilla, cinnamon, maple extract, and salt.
2. Process until smooth for a few minutes. Use a spatula to scrape the mixture from the sides if needed.
3. Add Erythritol and butter (or coconut oil).
4. Pulse until smooth.
5. Transfer the dough to an 8 x 8-inch (20 x 20-cm) parchment-lined pan, or a silicone pan. With a spatula, spread the dough evenly into the pan. Add roughly chopped pecans and mix in.
6. Top with the remaining pecan halves. Refrigerate for 1 to 2 hours, or until set.
7. Be sure the fudge has set before slicing. Keep refrigerated for up to 1 week or freeze for up to 3 months. Enjoy!

Giveaway!!!

To celebrate the arrival of my new cookbook, I'm giving away three copies of the Fat Bombs Book! Anyone can enter this giveaway - my cookbook can be shipped internationally! :-> <!-- IF_IBLOG

To enter this giveaway, you will have to open this post in a browser. ELSE--> a Rafflecopter giveaway

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