

Pumpkin Pie Chocolate Fat Bombs

Hands-on 15 minutes Overall 1 hour

Nutritional values (per fat bomb): Total carbs: 3.7 g, Fiber: 1.7 g, **Net carbs: 1.9 g**,

Protein: 1.1 g, Fat: 10.9 g, Calories: 112 kcal,

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



Ingredients (makes 18 servings)

100 g extra [dark chocolate](#) - 85% cocoa solids or more (3.5 oz)

2 tbsp extra [virgin coconut oil](#) (30 g/ 1.1 oz)

1/2 cup [coconut butter](#) (125 g/ 4.4 oz) - *you can [make your own](#)*

1/4 cup [extra virgin coconut oil](#) (55 g/ 1.9 oz)

2 tsp [pumpkin pie spice mix](#) (you can [make your own](#))

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

1/2 cup unsweetened [pumpkin puree](#) (100 g/ 3.5 oz) - you can [make your own](#)

Optional: 15-20 drops [Stevia extract](#) or other healthy [low-carb sweetener from this list](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)

Instructions

1. Place the chocolate and coconut oil in a double boiler or a glass bowl on top of a small saucepan filled with a cup of water. Bring to a boil over a medium heat. Once completely melted, remove from the heat and set aside.
2. Fill each of the 18 mini muffin cups with 2 teaspoons of chocolate. If you have any chocolate left, just add it to the cups. Place the chocolate in the fridge for at least 10 minutes.
3. Place the coconut butter, coconut oil, erythritol and pumpkin spice mix into a bowl and melt just like you did the chocolate.
4. Add the pumpkin puree and mix until well combined.
5. Remove the muffin cups from the fridge and add a heaping teaspoon of the pumpkin & coconut mixture into every cup. Place back in the fridge and let it set for at least 30 minutes.
6. When done, *keep refrigerated*. Coconut oil and butter get very soft at room temperature. Store in the fridge for up to a week or freeze for up to 3 months. Enjoy! :-)

More great content on [KetoDietApp.com](#)

[Keto calculator](#)