

Raspberry Cheesecake Fat Bombs

Hands-on 15 minutes Overall 1 hour 30 minutes



Nutritional values (per serving / 1 piece): Total carbs: 3.1 g, Fiber: 1.2 g, **Net carbs: 1.9 g,**

Protein: 2.5 g, Fat: 12.8 g, Calories: 134 kcal,

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

Ingredients (makes 16 servings)

250 g mascarpone *or* full-fat cream cheese *or* [creamed coconut milk](#) (8.8 oz)

1 cup raspberries, frozen (150 g/ 5.3 oz)

1 teaspoon sugar-free [vanilla extract](#) *or* 1/2 tsp [vanilla bean powder](#)
(you can [make your own vanilla extract](#))

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

1/2 cup [almond flour](#) (50 g/ 1.8 oz)

1/4 cup [coconut flour](#) (30 g/ 1.1 oz)

Optional: 15-20 drops [liquid stevia](#)

Coating:

80 g extra [dark chocolate](#) - 85% cocoa solids *or* more (2.8 oz) - *I used 90% chocolate*

40 g cacao butter *or* extra virgin coconut oil (1.4 oz)

If you need to make these nut-free, use only [coconut flour](#) (1/3 - 1/2 cup) instead of coconut & [almond flour](#) combination. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Place the mascarpone, Erythritol, frozen raspberries, ...
2. ... and vanilla into a [food processor](#) and pulse until smooth and creamy.
3. Add the almond and coconut flour and pulse again just to mix it up. Spoon about 2 tablespoons (about 1 oz) of the mixture into ice tray (I used this [Ball Shaped Lollypop Tray](#) which is great for making fat bomb shapes). Place in the freezer for 45-60 minutes. *I used the same tray in my [Strawberry Cheesecake Fat Bombs](#) and [Bulletproof Fat Bombs](#).*
4. Meanwhile, melt the dark chocolate and cacao butter in a double boiler or a glass bowl on top of a small saucepan filled with a cup of

water over a medium heat. Once completely melted, remove from the heat and set aside to cool down. The chocolate should not be hot when you use it for coating.

5. Remove the mixture from the freezer. To cover the fat bombs in the chocolate mixture, use a wooden stick or a fork. Pick up one fat bomb at a time and hold over the bowl of melted chocolate. Spoon the chocolate over the fat bomb until well-coated. Keep turning until the chocolate is solidified. Place each of the coated fat bombs on a tray lined with greaseproof paper and place in the fridge for at least 15 minutes before serving.
6. Store in the fridge for up to a week or freeze for up to 3 months.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)