

Red, White and Blue Fat Bombs

Hands-on 10 minutes Overall 1 hour 10 minutes

Nutritional values (per fat bomb): Total carbs: 9 g, Fiber: 5.4 g, **Net carbs: 3.5 g,**

Protein: 2.3 g, Fat: 21.5 g, Calories: 223 kcal,

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



Ingredients (makes 12 fat bombs)

Red Layer:

- 1/2 cup [coconut butter](#) (125 g/ 4.4 oz)
- 1 cup [freeze-dried raspberries](#) (20 g/ 0.7 oz)
- 1 tbsp [confectioners Swerve](#) or [Erythritol](#) (10 g/ 0.4 oz)
- 1 tbsp melted virgin [coconut oil](#) (15 ml)
- 1/4 cup [coconut milk](#) (60 ml)
- 1 tsp sugar-free [vanilla extract](#)

White Layer:

- 1/2 cup [coconut butter](#) (125 g/ 4.4 oz)
- 2 tbsp fresh lemon juice (30 ml)
- 1 tbsp [confectioners Swerve](#) or [Erythritol](#) (10 g/ 0.4 oz)

Blue Layer:

- 1/2 cup [coconut butter](#) (125 g/ 4.4 oz)
- 1/2 cup [freeze-dried blueberries](#) (10 g/ 0.4 oz)
- 1 tbsp [confectioners Swerve](#) or [Erythritol](#) (10 g/ 0.4 oz)
- 1 tbsp melted virgin [coconut oil](#) (15 ml)
- 1/4 cup [coconut milk](#) (60 ml)
- 1 tsp spirulina powder

Note: You can [make your own coconut butter](#). Instead of powdered sweeteners, you can use [liquid stevia](#) (to taste).

Instructions

1. Combine the red layer ingredients in a blender and blend until smooth. Transfer to a bowl and rinse out of a [high-speed blender](#).
2. In a small bowl stir together the white layer ingredients.
3. Combine the blue layer ingredients in a blender and blend until smooth. Transfer to a bowl and rinse out the blender.
4. Divide each mixture between 12 mini muffin cups in layers. (To

make up to 6 large fat bombs, use regular muffin cups.)

5. Freeze for 1 hour. Store in an airtight container, frozen for up to 1 month or covered and chilled for up to 7 days.

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](#)