

## **Keto Fat Bombs**

¼ cup Cacao Powder

¼ cup Erythritol

15 drops Stevia (3 squirts)

1 cup butter and/or coconut oil

1/3 cup cream cheese and/or coconut manna  
(avocado or MCT oil)

2 tablespoons liquid fat

2 cups nuts and seeds including walnuts, macadamia, and pumpkin seeds

1. Grind nuts and seeds in food processor to smallish chunks (small as you want)
2. In a bowl, mix all dry ingredients including nuts
3. In separate bowl, mix liquid ingredients
4. Combine wet and dry
5. refrigerate

Serves about 6 people

## **Keto Coffee Pudding**

2 cups decaf coffee

1 cups water

¼ cup gelatin

1/3 cup cocoa powder

2/3 cup butter/coconut oil

½ cup almond butter

1-3 tablespoon sugar to taste

1/3 cup erythritol

15 drops stevia or 3 servings

½ cup sour creamgyi

1. Combine nuts, fats, and sour cream in a bowl.
2. Combine all dry ingredients in a separate bowl.
3. To that bowl, add one cup of cold water to dry ingredients, stir.
4. Add hot coffee to same bowl and stir again
5. Add fat and nut mixture, stir as heat of coffee melts fat.
6. After well mixed, put in fridge for 10-15 minutes, then stir one more time
7. Refrigerate for another 30 minutes to fully set

Serves about 6-8 people