

## **Keto Muffins**

### Ingredients:

1 cup grated mozzarella	2 tbsp cream cheese
2 tbsp coconut manna	2 tbsp ghee
3 eggs	½ cup almond flour
½ cup ground walnuts	½ cup blueberries
½ cup ground pumpkin seeds	1/3 cup erythritol
15 drops stevia	1/8 tsp salt

### Directions:

1. Gently heat cheese, coconut manna, ghee, and cream cheese in double boiler or microwave until melted.
2. Combine and mix all remaining ingredients except blueberries in a separate bowl.
3. Stir the two mixtures together. Add blueberries.
4. Pour into greased muffin tray.
5. Bake at 350 degrees for 15 minutes.

## **Fat Bomb Latte**

### Ingredients:

14 oz hot coffee	stevia and erythritol to taste
1 tbsp cocoa butter	optional: 1 tbsp cocoa powder
1 tbsp ghee	2 tbsp heavy cream
1 tbsp coconut oil	

### Directions:

Combine and whisk with a coffee frother.