

Black and White Keto Fat Bombs



Recipe courtesy of Food Network Kitchen

Keto-friendly and packed with healthy fats, these little nuggets have the texture of cold and creamy fudge -- minus all the sugar.

Total: 45 min
(includes freezing time)
Active: 15 min
Yield: 12 pieces
Level: Easy

Ingredients:

- 2 cups slivered almonds
- 1 cup virgin or extra-virgin coconut oil
- 1 to 2 tablespoons of your favorite low-carb powdered sweetener
- 2 teaspoons sugar-free vanilla extract
- 1 teaspoon orange zest
- Small pinch kosher salt
- 2 tablespoons unsweetened cocoa powder

Directions:

- 1** Special equipment: a 12-cup mini muffin tin; 12 mini liners
- 2** Line a 12-cup mini muffin tin with mini liners.
- 3** Pulse the almonds, oil, sweetener, vanilla, zest and salt in a food processor until coarsely smooth. Remove half to a small bowl and stir in the cocoa powder.
- 4** Fill half of one of the liners with the vanilla mixture and then quickly fill the other half with the chocolate mixture. (It should remind you of a black and white cookie.) Repeat with the remaining vanilla and chocolate mixture. Tap the tin on the counter a few times.
- 5** Freeze until solid, about 30 minutes. You can remove the liners if you'd like. Refrigerate in an airtight container for up to 5 days.

