



Long Livo

Keto Peanut Butter Chocolate Fat Bombs

15 min

Prep time

12

Servings

5 min

Cook time

Easy

Difficulty

20 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup natural peanut butter
- ☐ 1/2 cup unsweetened cocoa powder
- ☐ 1/4 cup coconut oil, melted
- ☐ 1/3 cup erythritol or preferred low-carb sweetener

- ☐ 1 tsp vanilla extract

- ☐ Pinch of sea salt

Optional Coating

- ☐ 2 tbsp melted dark chocolate (sugar-free)
- ☐ Additional pinch of sea salt or cocoa powder for dusting

Instructions

- 1 In a medium bowl, combine the peanut butter, melted coconut oil, and vanilla; stir until smooth.
- 2 Add cocoa powder, erythritol, and sea salt; whisk until fully incorporated and the mixture is glossy.
- 3 Cover and refrigerate for 10 minutes so the mixture firms enough to roll.
- 4 Using a teaspoon, scoop and roll the mixture into bite-size balls; place on a parchment-lined tray.
- 5 Optional: Dip each ball in melted sugar-free dark chocolate, then set back on parchment and sprinkle with a tiny pinch of sea salt.
- 6 Allow the chocolate coating to set (about 5 minutes) before transferring the bombs to an airtight container.

Nutrition per serving

120 kcal

Calories

4 g

Protein

3 g

Carbs

11 g

Fat

Tips & notes

- If the mixture feels too sticky, chill it a bit longer before shaping.
- You can swap coconut oil for butter for a richer mouthfeel.
- For extra crunch, roll the balls in crushed nuts before coating.