



Long Livo

Keto Strawberry Cheesecake Fat Bombs

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Dessert

Course

Ingredients

Base

- ☐ 8 oz (225 g) full-fat cream cheese, softened
- ☐ 4 tbsp unsalted butter, melted
- ☐ 1/4 cup erythritol or preferred low-carb sweetener
- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest

- ☐ 1/4 cup fresh strawberry puree

Optional Topping

- ☐ 2 tbsp strawberry puree for drizzling
- ☐ 1 fresh strawberry, sliced thinly

Instructions

- 1** In a mixing bowl, beat the softened cream cheese until smooth, then add melted butter and continue mixing until fully combined.
- 2** Stir in the erythritol, vanilla extract, and lemon zest; mix until the sweetener dissolves and the batter is creamy.
- 3** Fold in the strawberry puree gently, creating a marbled pink swirl without over-mixing.
- 4** Line a silicone mini-muffin mold with paper liners (or use the mold directly) and spoon the batter into each cavity, smoothing the tops.
- 5** Place the mold in the refrigerator for at least 2 hours, or until the bombs are firm to the touch.
- 6** Once set, drizzle a thin line of extra strawberry puree over each bomb and garnish with a tiny slice of fresh strawberry if desired.
- 7** Store the finished fat bombs in an airtight container in the fridge; enjoy straight from the fridge for the best texture.

Nutrition per serving

120 kcal

Calories

2 g

Protein

2 g

Carbs

11 g

Fat

Tips & notes

- If the batter feels too soft, chill it for 10 minutes before filling the molds.
- For a smoother puree, push the strawberry mixture through a fine mesh sieve.
- Adjust sweetness to personal taste; start with less sweetener and add more if needed.