

Low Carb Coconut Fat Bombs

Description

Yummy fat bombs.

Prep time: Ten minutes

Total time: One hour.

Servings: 12

Ingredients

1 1/2 cup of desiccated, shredded coconut or flaked coconut, unsweetened (4 oz)

1/4 cup of extra virgin coconut oil (2 oz)

1/4 cup of more coconut oil (2 oz)

1/4 teaspoon of cinnamon or vanilla bean powder

A pinch of salt

Instructions

1. First, preheat the oven to about 350 degrees F, then place the coconut flakes on a baking sheet. Transfer to the oven and toast until golden, about eight minutes. While roasting, stir to prevent burning.
2. Transfer the flakes to a blender and blend until smooth. Add the coconut oil and softened coconut oil into the blender.
3. Then add in the vanilla or cinnamon and salt. Combine properly. Then pour the mixture into mini muffin cups and transfer to the fridge to freeze, about thirty minutes.
4. Serve when ready to consume.