

Zucchini Bread Recipes

Keto Peanut Butter Chocolate Fat Bombs

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup natural creamy peanut butter
- [ ] 1/4 cup coconut oil, melted
- [ ] 1/3 cup unsweetened cocoa powder
- [ ] 1/4 cup erythritol or monk fruit blend
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Toppings

- [ ] A dusting of extra cocoa powder
- [ ] Crushed roasted peanuts

Instructions

1. In a medium bowl, combine peanut butter, melted coconut oil, and sweetener; stir until smooth.
2. Add vanilla extract and sea salt, mixing gently to incorporate.
3. Sift cocoa powder over the mixture and fold until a uniform chocolate-brown batter forms.
4. Spoon the batter into silicone molds, tapping gently to settle and remove air bubbles.



5. Place the molds in the freezer for at least 2 hours, or until solid.



6. Pop the fat bombs out, dust with extra cocoa or crushed peanuts if desired, and store.



Nutrition per serving

120 kcal	4 g	4 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, add a teaspoon more melted coconut oil.
- For extra shine, drizzle a tiny bit of melted chocolate over each bomb after chilling.
- Use a kitchen scale for consistent portions.