



CHOCOLATE ALMOND FAT BOMBS

By Dr. Cindy Tazar

Thanks to Meredith Dykstra, this recipe has become one of our favorite treats. It is one of the best fat bombs I have ever tasted. The optional add-ins help in mixing things up a bit and creating variety. It is a very satisfying treat, loaded with healthy, anti-inflammatory fat.

Makes 12 servings.



INGREDIENTS

- 1 cup melted, virgin coconut oil
- 2 Tbs Kerry Gold butter
- 1/2-1 tsp vanilla extract
- 1 Tbs Swerve (confectioners) + 2 or more drops of stevia (to taste)
- 1/2-3/4 tsp pink Himalayan salt
- 4 Tbs unsweetened cocoa powder
- 1/2 cup organic almond butter (no sugar or added sweeteners)
- Optional add-ins: raw almonds, unsweetened coconut flakes, berries
- Paper cupcake liners or loaf pan lined with BPA-free plastic wrap



DIRECTIONS

Melt coconut oil and butter together in a medium pan.

Add vanilla, Swerve, sea salt, cocoa powder and almond butter, stirring well with a whisk until very smooth.

Add in options - cracked almonds (place almonds in a baggie and break them up with a rolling pin/meat hammer) and unsweetened coconut flakes are great together.

Stir well and either pour the mixture into the 8x8 lined pan or divide into cupcake liners in a 12-muffin pan.

(You can also sprinkle the nuts and coconut into the bottom of the baking pan/muffin pan and pour the chocolate over them if it's easier.) Refrigerate until hardened and keep refrigerated to store.