Coconut Fat Bombs

🕐 Preparation Time: 10 min

👥 4personnes

kcal Calories: 120 ксal

Ingrédients :

- 1/2 cup of coconut oil
- 30g of **unsalted butter🧈
- 1/4 cup of cream cheese

- 1 1-2 tablespoons sweetener
- 1/2 teaspoon of Vanilla extract
- Pinch of sea salt

Préparation :

1. 1-Start by melting the coconut oil and softening the butter and cream cheese. Tip: Allow the butter and cream cheese to sit at room temperature for a smoother consistency when mixed.
2. 2-In a medium-sized bowl, combine the softened butter, cream cheese, and melted coconut oil. Use a hand mixer to beat the ingredients until smooth and creamy.
3. 3-Stir in the sweetener, vanilla extract, and sea salt. Mix again until everything is fully incorporated. Tip: Adjust the sweetness to your preference by adding more or less sweetener
4. 4-Either scoop the mixture into silicone molds for a neat shape or use a tablespoon to form small balls and place them on a parchment-lined baking sheet.
5. 5-Scoop the mixture into silicone molds or form small balls using a spoon. Place them on a parchment-lined baking sheet.
6. 6-Refrigerate or freeze the fat bombs for about 20 minutes, or until they are solid. Tip: For a quicker set, pop them in the freezer
7. 7-Once firm, remove the fat bombs from the molds and store them in an airtight container in the fridge for up to two weeks, or freeze for longer storage.