

# 10 FREE KETO FAT BOMB RECIPES

LOW CARB, KETO, and PALEO! Ketogenic Fat Bombs Are High In Fat And Low In Carbs (So, Literally A Fat Bomb) Perfect as a quick breakfast, convenient mid-afternoon snack, pre or post-workout, or as extra fuel during your day.



 **Ground-Based**  
N U T R I T I O N

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# Chocolate Peanut Butter Fat Bombs



Ingredients:	Instructions:
<ul style="list-style-type: none"> <li>• ½ cup organic virgin coconut oil</li> <li>• ½ cup natural peanut butter or almond butter</li> <li>• 2 scoops of Superfood Protein (<a href="#">Rich Chocolate</a>)</li> </ul>	<ol style="list-style-type: none"> <li>1. In a large skillet over low heat melt coconut oil and nut butter</li> <li>2. Mix in Superfood Protein</li> <li>3. Remove from heat.</li> <li>4. Pour into small molds or roll into small balls.</li> <li>5. Freeze or refrigerate until set.</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Rich Chocolate)	2 scoops	110	3	2	20	0	2
Coconut Oil	1/2 cup	960	0	112	0	0	0
Peanut Butter or Almond Butter	1/2 cup	760 or 840	32 or 24	64 or 72	28 or 28	12 or 4	8 or 16
<b>Total</b>		<b>1830 or 1910</b>	<b>35 or 27</b>	<b>178 or 189</b>	<b>48 or 48</b>	<b>12 or 4</b>	<b>10 or 18</b>

# Peanut Butter Fudge



Ingredients:	Instructions:
<ul style="list-style-type: none"> <li>• 1 cup natural peanut butter</li> <li>• 1 cup coconut oil</li> <li>• ¼ cup unsweetened almond milk</li> <li>• 2 scoops of Superfood Protein (<a href="#">Pure Vanilla</a>)</li> </ul>	<ol style="list-style-type: none"> <li>1. Melt the peanut butter and coconut oil in a sauce pan over low heat.</li> <li>2. Add all ingredients to your blend.</li> <li>3. Blend until all ingredients are combined.</li> <li>4. Pour into a parchment lined pan</li> <li>5. Refrigerate several hours or until set</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Pure Vanilla)	2 scoops	110	3	1.5	20	0	2
Coconut Oil	1 cup	1,920	0	224	0	0	0
Unsweetened Almond Milk	1/4 cup	10	0.5	0.75	0.25	0.25	0.25
<b>Total</b>		<b>2,040</b>	<b>3.5</b>	<b>226.25</b>	<b>20.25</b>	<b>0.25</b>	<b>2.25</b>

# Coconut Chocolate Fudge



## Ingredients:

- ½ cup of unsweetened cocoa powder
- ½ cup coconut oil
- 1/3 cup unsweetened flaked coconut
- ¼ cup unsweetened almond milk
- 2 scoops of Superfood Protein ([Rich Chocolate](#))
- 1 teaspoon vanilla extract

## Instructions:

1. Combine all ingredients in blender.
2. Blend until all ingredients are well mixed.
3. Pour into parchment lined pan.
4. Refrigerate overnight.
5. Remove fudge from container and cut into squares.

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Rich Chocolate)	2 scoops	110	3	2	20	0	2
Unsweetened Cocoa Powder	1/2 cup	160	16	8	8	0	8
Coconut Oil	1/2 cup	960	0	112	0	0	0
Unsweetened Flaked Coconut	1/3 cup	93.3	2.7	8	1.3	1.3	2.7
Unsweetened Almond Milk	1/4 cup	10	0.5	0.75	0.25	0.25	0.25
Vanilla Extract	1 tsp	12.1	0.53	0	0	0.53	0
<b>Total</b>		<b>115.4</b>	<b>3.73</b>	<b>8.75</b>	<b>1.55</b>	<b>2.08</b>	<b>2.95</b>

# Chocolate Chip Cookie Dough Peanut Butter Fat Bomb



Ingredients:	Instructions:
<ul style="list-style-type: none"> <li>• ½ cup grass-fed butter</li> <li>• ½ cup softened cream cheese</li> <li>• 1/2 cup peanut butter (can substitute and use almond butter if preferred)</li> <li>• ¼ cup chocolate chips</li> <li>• 2 scoops of Superfood Protein (<a href="#">Pure Vanilla</a>)</li> </ul>	<ol style="list-style-type: none"> <li>1. Combine the butter, cream cheese, Superfood Protein and peanut butter in a bowl using a hand mixer. Mix until completely combined.</li> <li>2. Stir in the chocolate chips.</li> <li>3. Cover and freeze for 10 minutes.</li> <li>4. Remove from freezer and use a cookie scoop to scoop cookie dough onto wax paper lined dish.</li> <li>5. Place cookie dough balls back in freezer for 20-30 minutes or until firm.</li> <li>6. Remove the fat bombs from the freezer and place in a container or Ziploc. Store in freezer until ready to eat.</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Pure Vanilla)	2 scoops	110	3	1.5	20	0	2
Grass-Fed Butter	1/2 cup	800	0	88	0	0	0
Cream Chesse	1/2 cup	320	8	28	8	8	0
Peanut Butter	1/2 cup	760	32	64	28	12	8
Chocolate Chips	1/4 cup	320	40	16	4	32	4
	<b>Total</b>	<b>1400</b>	<b>80</b>	<b>108</b>	<b>40</b>	<b>52</b>	<b>12</b>

# Keto Matcha White Chocolate Vanilla Truffle



Ingredients:	Instructions:
<p><b>(For the “truffles”)</b></p> <ul style="list-style-type: none"> <li>• 1 cup melted coconut oil</li> <li>• ½ cup creamy coconut butter</li> <li>• ½ cup raw cacao butter</li> <li>• ½ cup full fat coconut cream</li> <li>• 1 scoop Superfood Protein (<a href="#">Pure Vanilla</a>)</li> </ul> <p><b>(For the coating)</b></p> <ul style="list-style-type: none"> <li>• ½ cup unsweetened shredded coconut</li> <li>• 2 heaped tsp matcha green tea</li> </ul>	<ol style="list-style-type: none"> <li>1. Add all the truffle ingredients in a large mixing bowl.</li> <li>2. Mix on high speed with a hand mixer until light and fluffy.</li> <li>3. Put mixture in refrigerator to firm up.</li> <li>4. Remove and whisk to get a firm and consistent doughy texture.</li> <li>5. Use a mini ice cream scoop or your hands to create truffles.</li> <li>6. Mix matcha and coconut together in blender to form a nice powder.</li> <li>7. Roll the balls between the palms of your hands to create little balls, then drop each ball into the coconut/matcha mixture until completely coated.</li> <li>8. Transfer fat bombs to an airtight container and keep refrigerated.</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Pure Vanilla)	1 scoops	55	1.5	0.75	10	0	1
Coconut Oil	1 cup	1,920	0	224	0	0	0
Coconut Butter	1/2 cup	800	0	88	0	0	0
Raw Cacao Butter	1/2 cup	960	0	104	0	0	0
Full Fat Coconut Cream	1/2 cup	224.76	0.71	24.13	2.01	0.71	0
Unsweetened Shredded Coconut	1/2 cup	200	8	20	2	2	4
Matcha Green Tea	2 tsp	20	4	0.5	0.5	1.5	0.5
	<b>Total</b>	<b>444.76</b>	<b>12.71</b>	<b>44.63</b>	<b>4.51</b>	<b>4.21</b>	<b>4.5</b>

# Keto Almond Butter Chia Squares



Ingredients:	Instructions:
<ul style="list-style-type: none"> <li>• ½ cup almond butter</li> <li>• 4 teaspoons coconut oil</li> <li>• 2 tablespoons grass-fed butter</li> <li>• ¼ cup heavy whipping cream</li> <li>• 1 scoop Superfood Protein (<a href="#">Pure Vanilla</a>)</li> <li>• ½ cup unsweetened shredded coconut flakes</li> <li>• ¼ cup chia seeds</li> <li>• ½ cup coconut cream</li> <li>• 2 tablespoons coconut flour</li> </ul>	<ol style="list-style-type: none"> <li>1. In a sauce pan, melt butter on medium heat while stirring. Do this until the butter is browned.</li> <li>2. Add ¼ cup heavy cream to the butter. Turn heat to low and stir well.</li> <li>3. Toast chia seeds and shredded coconut flakes in a pan on medium low.</li> <li>4. Add almond butter to the butter and heavy cream mixture and stir it in with 1 scoop of Superfood Protein. Cook everything down into a paste.</li> <li>5. In a square baking dish, add the mixture along with the coconut cream.</li> <li>6. Add 1 tbsp coconut oil and 2 tbsp coconut flour and mix everything together.</li> <li>7. Pack the mixture into a baking dish.</li> <li>8. Refrigerate mixture for at least an hour.</li> <li>9. Chop the mixture into squares and then refrigerate.</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Pure Vanilla)	1 scoops	55	1.5	0.75	10	0	1
Almond Butter	1/2 cup	840	24	72	28	4	16
Coconut Oil	4 tsp	160	0	18.68	0	0	0
Grass-fed Butter	2 tbsp	220	0	24	0	0	0
Heavy Whipping Cream	1/4 cup	200	2	20	4	0	0
Unsweetened Shredded Coconut Flakes	1/2 cup	140	4	12	2	2	4
Chia Seeds	1/4 cup	240	20	12	12	0	20
Coconut Cream	1/2 cup	240	16	18	4	4	4
Coconut Flour	2 tbsp	60	8	2	2	1	5
	<b>Total</b>	<b>540</b>	<b>44</b>	<b>32</b>	<b>18</b>	<b>5</b>	<b>29</b>



# No Flour Chocolate Pecan Peanut Butter Chip Cookies



Ingredients:	Instructions:
<ul style="list-style-type: none"> <li>• 1 cup organic sunflower seed butter</li> <li>• 1 2/3 cups of unsweetened almond milk</li> <li>• 8 scoops Superfood Protein (<a href="#">Rich Chocolate</a>)</li> <li>• 2/3 cups ground falx seed</li> <li>• 1 cup of chopped pecans</li> <li>• 1/2 cup of organic peanut butter chips</li> <li>• 1 teaspoon of baking powder</li> </ul>	<ol style="list-style-type: none"> <li>1. Combine all ingredients in a large mixing bowl and stir until well mixed.</li> <li>2. Spoon large tablespoons of batter onto a cookie sheet lined with parchment paper.</li> <li>3. Put cookie sheet in the oven and bake for 15-20 minutes.</li> <li>4. Remove from oven and place cookies on chilling rake to cool completely.</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Rich Chocolate)	8 scoops	440	12	8	80	0	8
Sunflower Seed Butter	1 cup	1,440	64	96	72	0	32
Unsweetened Almond Milk	1 2/3 cup	49.38	1.65	4.11	1.65	0	1.65
Ground Falx Seed	2/3 cup	375.2	26.8	26.8	16.08	0	21.44
Chopped Pecans	1 cup	560	0	56	8	0	0
Peanut Butter Chips	1/2 cup	440	0	22	0	0	0
Baking Powder	1 tsp	0	0	0	0	0	0
<b>Total</b>		<b>1000</b>	<b>104.45</b>	<b>212.91</b>	<b>177.73</b>	<b>0</b>	<b>63.09</b>

# Keto Fat Bomb Breakfast Smoothie



## Ingredients:

- 2 cups almond milk
- ½ cup frozen spinach
- 1 tablespoon coconut oil
- 1 tablespoon almond butter
- 1 tablespoon cacao powder
- 2 scoops Superfood Protein ([any flavor](#))
- 1 tablespoon chia seeds
- ½ teaspoon cinnamon
- ½ cup frozen berries

## Instructions:

1. In blender add almond milk, frozen spinach, coconut oil, almond butter, cacao powder, Superfood Protein, flax meal, and cinnamon. Blend until smooth.
2. Incorporate coconut oil into mixture.
3. Add frozen berries and blend until smooth.

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (any flavor)	2 scoops	110	3	1.5	20	0	2
Almond Milk	2 cup	118	15.78	4.92	1.98	13.8	1.98
Frozen Spinach	1/2 cup	45.95	4.54	0	3.03	0	1.51
Coconut Oil	1 tbsp	120	0	14	0	0	0
Almond Butter	1 tbsp	105	3	9	3.5	0.5	2
Cacao Powder	1 tbsp	24	3.6	0.6	1.2	0	1.6
Chia Seeds	1 tbsp	60	5	3	3	0	5
Cinnamon	1/2 tsp	2.8	0.91	0.01	0.04	0.02	0.6
Frozen Berries	1/2 cup	35	8.5	0	0.5	5.5	1.5
<b>Total</b>		<b>97.8</b>	<b>14.41</b>	<b>3.01</b>	<b>3.54</b>	<b>5.52</b>	<b>7.1</b>

# Chocolate Keto Smoothie



Ingredients:	Instructions:
<ul style="list-style-type: none"> <li>• 1 ½ to 2 cups of almond milk</li> <li>• ½ cup ice</li> <li>• 1 tablespoon almond butter</li> <li>• 1 tablespoon chia seeds</li> <li>• ¼ cup heavy whipping cream or coconut milk</li> <li>• 2 scoops Superfood Protein (<a href="#">Rich Chocolate</a>)</li> <li>• 1 tablespoon cacao powder, unsweetened</li> </ul>	<ol style="list-style-type: none"> <li>1. Blend all ingredients together in a blender.</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Rich Chocolate)	2 scoops	110	3	2	20	0	2
Almond Milk	2 cups	118	15.78	4.92	1.98	13.8	1.98
Ice	1/2 cup	0	0	0	0	0	0
Almond Butter	1 tbsp	105	3	9	3.5	0.5	2
Chia Seeds	1 tbsp	60	5	3	3	0	5
Heavy Whipping Cream or Coconut Milk	1/4 cup	200 or 78	2 or 2.88	20 or 7.62	4 or 0.82	0 or 0.87	0 or 1.95
Cacao Powder, unsweetened	1 tbsp	10	3	0.5	0	0	2
	<b>Total</b>	<b>603 or 481</b>	<b>31.78 or 32.66</b>	<b>39.42 or 27.04</b>	<b>32.48 or 29.3</b>	<b>14.3 or 15.17</b>	<b>12.98 or 14.93</b>

# Keto Low Carb Green Smoothie



Ingredients:	Instructions:
<ul style="list-style-type: none"> <li>• 1 ½ to 2 cups of almond milk</li> <li>• 1 cup frozen spinach</li> <li>• ½ an avocado</li> <li>• 1 tablespoon of roasted flax seeds (can substitute chia seeds if preferred)</li> <li>• 2 scoops of Superfood Protein (<a href="#">Pure Vanilla</a>)</li> </ul>	<ol style="list-style-type: none"> <li>1. Blend all ingredients together in a blender.</li> </ol>

Ingredient	Amount	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)	Dietary Fiber (g)
Superfood Protein Power (Pure Vanilla)	2 scoops	110	3	1.5	20	0	2
Almond Milk	2 cups	118	15.78	4.92	1.98	13.8	1.98
Frozen Spinach	1 cup	90.91	9.09	0	6.06	0	3.03
Avocado	Half	80	4.26	7.33	1	0.35	3.35
Roasted Flax Seeds	1 tbsp	27	1.5	2.1	0.9	0.08	1.4
	<b>Total</b>	<b>197.91</b>	<b>14.85</b>	<b>9.43</b>	<b>7.96</b>	<b>0.43</b>	<b>7.78</b>