

bkt

Best Ketone Test

## Keto Bacon and Guacamole Fat Bomb



Stats: Makes 6 fat bombs. 1.4g net carb, 15g Fat, 3.4g Protein 156 Cal

### INGREDIENTS

- 1/2 Large Avocado
- 1/4 cup butter
- 2 cloves garlic
- 1 small chili pepper chopped
- 1/2 small white onion chopped
- 1T lime juice
- 1T chopped cilantro
- 4 slices bacon
- Salt and pepper to taste

1. Fry or bake 4 slices of bacon.

2. Place the avocado, butter, chili pepper, crushed garlic, cilantro and lime juice into a bowl and season with salt and pepper. Mash with fork until combined.

3. Add onion and garlic and mix well. Then place in fridge for 20-30 minutes.

4. Crumble bacon and place on a plate. Form 6 balls with the avocado mixture. Roll each ball of avocado in the bacon until covered. Store in the fridge.