

Fat Bombs

Taste like chocolate but without the sugar. Great for those times when you feel as though you need something sweet or chocolatey.

Ingredients:

100g coconut butter

100g almond butter

100g butter (the best you can afford)

2 tablespoons of cacao powder

Optional additions

Toasted nuts – whatever you like e.g. macadamias, almonds, walnuts

Toasted seeds – sunflowers, pepitas

Shredded coconut

Dried fruit. Limit this to a small amount because sugar content in dried fruit is high.

Method:

Add the three butters to a small saucepan and put on a low heat.

Stir frequently so you don't end up burning the butters.

Once the butters are all mixed together take the saucepan off the heat and add the cacao powder.

Mix well and add whichever additions you like or leave plain.

Put some baking powder on a baking tray or use a chocolate mould.

Spoon out amounts onto a baking tray or mould.

Place in the refrigerator to set.

After about an hour take them off the tray and put them in a container to store in the fridge.

Potentially these could keep for a long time but that has not been my experience! 😊

Libby Salmon

