

# Coconut Oil Candies (aka Fat Bombs)

Recipe by Kim Knoch author of *Kick the Weight with Keto* and blogger at [Eat Fat Lose Fat Blog](#)

## Ingredients

- 1 cup softened (not melted) [cold pressed virgin coconut oil](#)
- 1 tsp vanilla extract
- 1-2 Tbsp equivalent to sugar or your sweetener of choice ([I used Confectioner's Swerve](#))
- 1/2 tsp [Celtic Sea Salt](#)
- 2-4 Tbsp [organic unsweetened cocoa powder](#)
- 2 Tbsp [almond butter](#) or other nut butter
- Optional-[unsweetened dessicated coconut](#) (for rolling or sprinkling)

## Instructions

1. Mix all ingredients together in a bowl or food processor until mixture is smooth.
2. Drop by the tablespoon onto waxed or parchment paper, or into the dessicated coconut.
3. Refrigerate until the candies are solid, then store in a covered container in the fridge.

## Notes

Net Carb Count\*: 1.24 g net carbs (for 2 candies---makes about 18 candies)

Total Carb Count: 2.45 g total carbs (or 2 candies---makes about 18 candies--plus the carbs for the sweetener you use)

\*Note net carb count = Total carbs - fiber. Carb counts are estimated based on the products I used. Check nutrition labels for accurate carb counts and gluten information.

<http://holisticallyengineered.com/2013/09/keto-update-fat-bombs.html>