FAT BOMB ASSORTED RECIPES

COCONUT FAT BOMBS

- 30g Coconut butter – COCONUT MERCHANT ORGANIC
- 15g Coconut virgin oil – BIONA ORGANIC
- 15g Double cream – MORRISONS
- 2g Cocoa - BOURNVILLE

You will also need ¼ teaspoon of liquid sweetener.

Reserve the cocoa.
Melt the coconut oil and the coconut butter together, when cool stir in the cream and liquid sweetener.
Place the mixture into 6 petit four cases and place in the fridge to set.
Melt the remaining mixture for a few seconds in a microwave, stir in the cocoa and 10mls of boiling water, mix well.
Place on top of the set half, put in the fridge to set.
When set you will find that they have sent in to 3 layers! Don't worry if they don’t, they will still be tasty.

I made 6 bombs, each one is: 7g fat / 0.3g protein / 0.4g CHO

Mo’s tip: These can be frozen.
SIDES AND SNACKS

LEMON FAT BOMBS

- 25g Soft cheese – PHILADELPHIA FULL FAT
- 20g Coconut virgin oil – BIONA ORGANIC
- 5g Fresh lemon juice
- 10g BUTTER
- 2g Lemon zest

You will also need ½ teaspoon of sweetener of your choice.

Melt the coconut oil, mix all the ingredients together and freeze in little moulds.

I made 10 little hearts, each one is: 3.39g fat / 0.15g protein / 0.09g CHO

Mo’s tip: These can be kept in the fridge, but remove from moulds while frozen.

COCOA BUTTER AND RASPBERRY FAT BOMBS

- 40g Cocoa butter – SEVENHILLS ORGANICS
- 4g Freeze dried raspberry crumbs – LIO-LICIOUS

You will also need 10g of NATVIA icing mix.

Melt the cocoa butter, stir in the raspberry crumbs (available from AMAZON).
Add Natvia and mix well.
Pour into 10 sweet moulds to set.
This makes a fat bomb that has a little ‘sherbert’ like kick to it.

I made 10 bombs, each one is: 4.0g fat / 0.2g protein / 0.2g CHO

Mo’s tip: These stay firm for a while out of the fridge so long as they are not exposed to too much warmth. Probably better for older children and adults.
SPICEY FAT BOMBS

- 50g Soft cheese – PHILADELPHIA FULL FAT
- 40g Coconut virgin oil – BIONA ORGANIC

You will also need 10g of NATVIA icing or baking, ½ teaspoon of all spice or mixed spice.

Melt the coconut oil.
Mix the Philadelphia with the spice until creamy, then very gradually beat in the coconut oil until mixed and smooth.
Divide in to small portions, place in the freezer to set.

I made 11 little teddies, each one is: 4.6g fat / 0.26g protein / 0.08g CHO

Mo’s tip: Unmould them whilst frozen, they will then keep in the fridge until eaten.

CHOCOLATE BUTTON FAT BOMBS

- 50g Cocoa butter – SEVENHILLS ORGANICS
- 6g Cocoa – LINDT SUPREME DARK CHOCOLATE 90%

You will also need a few drops of sweetener and some flavouring of your choice, I used a few drops of orange extract.

Grate the Lindt chocolate.
Melt the cocoa butter, add the sweetener, grated chocolate and flavour.
Pour in to moulds, I used a silicone mini muffin mould and made 20 buttons.

I made 20 buttons, each one is: 2.6g fat / 0.02g protein / 0.03g CHO

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUAL’S prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION