

Choco Fever Dream

Keto Peanut Butter Chocolate Fat Bombs

15 min Prep time	**5 min** Cook time	**20 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup unsweetened cocoa powder
- [ ] 1/4 cup coconut oil, melted
- [ ] 1/3 cup erythritol or preferred low-carb sweetener
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Coating

- [ ] 2 tbsp melted dark chocolate (sugar-free)
- [ ] Additional pinch of sea salt or cocoa powder for dusting

Instructions

1. In a medium bowl, combine the peanut butter, melted coconut oil, and vanilla; stir until smooth.
2. Add cocoa powder, erythritol, and sea salt; whisk until fully incorporated and the mixture is glossy.
3. Cover and refrigerate for 10 minutes so the mixture firms enough to roll.
4. Using a teaspoon, scoop and roll the mixture into bite-size balls; place on a parchment-lined tray.
5. Optional: Dip each ball in melted sugar-free dark chocolate, then set back on parchment and sprinkle with a tiny pinch of sea salt.
6. Allow the chocolate coating to set (about 5 minutes) before transferring the bombs to an airtight container.

Nutrition per serving

120 kcal	4 g	3 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too sticky, chill it a bit longer before shaping.
- You can swap coconut oil for butter for a richer mouthfeel.
- For extra crunch, roll the balls in crushed nuts before coating.