

Prep Time: 10 minutes

Cook Time: 0 minutes

Chill Time: 30 minutes (optional but recommended)

Total Time: 40 minutes

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Introduction

Are you looking for a decadent, creamy treat that satisfies your sweet tooth without derailing your health goals? Look no further than Fat Bomb Fluff. This recipe is a staple in the keto and low-carb community, designed to be high in healthy fats and extremely low in sugar. It creates a mousse-like texture that feels indulgent, fluffy, and rich.

Unlike traditional “fat bombs” that are frozen into hard bite-sized pieces, this recipe creates a soft, spoonable dessert. It is perfect for a post-dinner treat or a midday energy boost. With just a handful of ingredients and a hand mixer, you can whip up this cloud of deliciousness in minutes.

Ingredients

To ensure the best results, use full-fat dairy and high-quality sweeteners.

- 8 oz (225g) Full-Fat Cream Cheese: Softened at room temperature (essential for a smooth texture).
- ½ cup (120ml) Heavy Whipping Cream: Cold.
- ¼ cup (50g) Powdered Erythritol (or Swerve): Powdered is crucial to avoid a gritty texture. If you only have granulated, pulse it in a blender first.
- ¼ cup (60g) Unsalted Butter: Softened.
- 1 tsp Vanilla Extract: Pure is best.
- Pinch of Salt: To enhance the flavors.
- Optional Toppings: Sugar-free chocolate chips, crushed nuts (pecans or almonds), or a dusting of cocoa powder.

Equipment

- Large mixing bowl

- Electric hand mixer or stand mixer
 - Rubber spatula
 - Measuring cups and spoons
 - Serving glasses or a storage container
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Instructions

Phase 1: Preparation (Intensity: Low | Time: 2 Minutes)

Goal: Soften ingredients and set up your station.

1. **Temperature Check:** Ensure your cream cheese and butter are truly at room temperature. If they are cold, the mixture will clump and you will not achieve the “fluff” texture. If you are in a rush, cut the cream cheese into cubes and microwave for 10-15 seconds (just until soft, not melted).
2. **Chill the Cream:** Ensure your heavy whipping cream is very cold. This is vital for whipping it to stiff peaks later.

Phase 2: The Base Mix (Intensity: Medium | Time: 3 Minutes)

Goal: Create a smooth, lump-free base.

1. In your large mixing bowl, combine the softened cream cheese and softened butter.
2. Beat with the electric mixer on medium speed until the two fats are completely combined and look creamy. Scrape down the sides of the bowl with a spatula.
3. Add the powdered sweetener, vanilla extract, and a pinch of salt.
4. Continue to beat on medium speed for another 1-2 minutes until the mixture is smooth and glossy. Taste test here—if it feels gritty, beat for another minute.

Phase 3: The Fluff Factor (Intensity: High | Time: 3 Minutes)

Goal: Incorporate air to create the signature texture.

1. With the mixer on low speed, slowly pour the cold heavy whipping cream into the cream cheese mixture.
2. Once the liquid is incorporated (to prevent splashing), increase the mixer speed to High.
3. Whip for 2 to 3 minutes. You are looking for the mixture to transform from a liquid-y soup into a thick, fluffy mousse. It should hold its shape when the beaters are lifted out. Do not over-whip, or the mixture may separate and become grainy (like butter).

Phase 4: Chill and Serve (Intensity: None | Time: 30+ Minutes)

Goal: Firm up the texture.

1. Transfer the fluff into 4 small serving glasses or a single storage container.
 2. Cover and refrigerate for at least 30 minutes. This allows the fats to set, making the texture even more like a rich mousse.
 3. Serve: Top with sugar-free chocolate chips or crushed nuts if desired.
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Pro Tips for Perfect Fluff

- The “Powdered” Rule: Do not skip powdering your sweetener. Granulated erythritol does not dissolve well in cold fats and will leave your dessert crunchy in a bad way.
- Flavor Variations: You can easily change the flavor profile by swapping the vanilla extract. Try almond extract, coconut extract, or adding 2 tablespoons of unsweetened cocoa powder for a chocolate version.
- Texture Fix: If your fluff looks curdled or separated during the whipping phase, it is usually because the cream cheese was too cold. Let the mixture sit at room temperature for 10 minutes and whisk vigorously by hand; it usually comes back together.

Nutrition Information

Disclaimer: Nutritional information is calculated based on standard ingredients and is an estimate. Actual values may vary based on specific brands used.

Serving Size: 1/4 of the recipe

Calories: 385 kcal

Total Fat: 41g

- Saturated Fat: 25g

- Trans Fat: 1g

Cholesterol: 120mg

Sodium: 180mg

Total Carbohydrates: 3g

- Dietary Fiber: 0g

- Total Sugars: 2g (Natural from dairy)

- Added Sugars: 0g

Protein: 5g