

Prep Time: 10 minutes | Chill Time: 1 hour | Total Time: 1 hour 10 minutes

Intensity Level: Low (No-Bake, Beginner-Friendly)

If you are following a ketogenic lifestyle, you already know that hitting your fat macros can sometimes feel like a chore. Enter the Keto Fudge Fat Bomb. These bite-sized treats are designed to be rich, decadent, and intensely satisfying, mimicking the texture of smooth, cold fudge without the sugar crash.

Unlike traditional fudge, which relies on sugar and condensed milk to set, this recipe uses a combination of healthy fats—specifically coconut oil and natural peanut butter—to create a structurally stable, melt-in-your-mouth texture. The intensity of this recipe is Low, meaning it requires zero baking skills. If you can melt ingredients and stir, you can master this recipe. It is the perfect emergency snack to keep in the freezer for when chocolate cravings strike, or a quick pre-workout fuel source for those on a high-fat diet .

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Ingredients

- ½ cup (120 ml) Coconut Oil – Use refined or virgin. Virgin will impart a distinct coconut flavor; refined is neutral .
 - ½ cup (130 g) Natural Peanut Butter – Creamy, unsweetened, and unsalted. Almond butter works as a direct substitute .
 - ½ cup (40 g) Unsweetened Cocoa Powder – Sift it if it is clumpy to ensure a smooth texture.
 - 3–4 tbsp Powdered Erythritol (or Monk Fruit) – Powdered is crucial. Granular sweetener will leave a gritty texture in the fudge .
 - 1 tsp Vanilla Extract – Enhances the chocolate notes.
 - Pinch of Sea Salt – Essential for balancing the bitterness of the cocoa and enhancing the sweetness.
 - Optional Topping: Flaky sea salt, crushed nuts, or unsweetened shredded coconut.
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Equipment Needed

- Microwave-safe bowl or small saucepan

- Whisk or silicone spatula
 - 16-slot silicone ice cube tray or mini muffin tin with paper liners
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Instructions

Phase 1: Melting the Base (Intensity: Low | Time: 3-5 minutes)

1. Melt the Coconut Oil: Measure the coconut oil into a microwave-safe bowl or a small saucepan. If using a microwave, heat in 20-second bursts until just melted. Do not let it boil. If using a stove, melt over the lowest heat possible .
2. Combine the Nut Butter: Add the peanut butter to the melted coconut oil. If your peanut butter is stiff (refrigerated), microwave the mixture for an additional 10-15 seconds until it is easily stirrable. Whisk until the oil and butter are completely homogeneous.

Phase 2: Incorporating the Dry Ingredients (Intensity: Medium | Time: 2-3 minutes)

3. Add Sweetener and Cocoa: Add the powdered sweetener and unsweetened cocoa powder to the wet mixture. Begin whisking gently to avoid a cocoa powder cloud.
4. Whisk to Emulsion: Once the dry ingredients are incorporated, whisk vigorously for about 30 seconds. The mixture should transform from a grainy paste into a glossy,

thick, chocolate-brown liquid. This emulsion is what gives the fat bombs their smooth fudge texture rather than a greasy one .

5. Finish with Flavor: Stir in the vanilla extract and the pinch of sea salt. Taste the mixture now (carefully—it is hot). Adjust sweetness if necessary, keeping in mind that cold fat bombs taste less sweet than warm mixtures.

Phase 3: Molding and Setting (Intensity: Low | Time: 1 hour+)

6. Portion the Fudge: Spoon the mixture into your silicone mold or lined mini muffin tin. Fill each cavity about three-quarters of the way to the top. If using an ice cube tray, you should get approximately 16 portions .
7. Top (Optional): Sprinkle a tiny pinch of flaky sea salt or crushed pecans onto each portion. This adds a textural contrast that elevates the fudge from a simple snack to a gourmet treat.
8. Chill to Set: Transfer the mold to the freezer. Allow them to set for at least 1 hour. The high coconut oil content means they solidify quickly, but the freezer ensures a firm, snappy texture. If you are in a rush, 20–30 minutes in the freezer is often sufficient for a softer set .

Phase 4: Unmolding and Serving

9. Release: Once firm, pop the fat bombs out of the silicone mold. If using a metal tin, use the paper liners to lift them out.

10. Serve Immediately: These are best enjoyed straight from the freezer or fridge. They will soften very quickly at room temperature due to the coconut oil's low melting point.
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Storage and Shelf Life

- Refrigerator: Store in an airtight container for up to 2 weeks. Keep them separated with parchment paper if stacking.
 - Freezer: Store in a zip-top bag for up to 6 months. This is the preferred method for maintaining the best texture .
 - Meal Prep Tip: Double the batch. Having a backup stash in the freezer is the single best way to avoid derailing your diet when a sugar craving hits .
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Nutrition Information

Disclaimer: Nutritional values are estimates and will vary based on specific brands of nut butter and sweetener used. This recipe assumes 16 servings.

Nutrient		Amount Per Serving (1 Fat Bomb)
Calories	~115 kcal	
Total Fat	11 g	
- Saturated Fat	6 g	
- Trans Fat	0 g	

Nutrient

Amount Per Serving (1 Fat Bomb)

Total Carbohydrates	3 g
- Dietary Fiber	1 g
- Total Sugars	0.5 g
Net Carbs	~2 g
Protein	2.5 g