

Lemon cheesecake fat bombs

INGREDIENTS

230 g Plain cream cheese

2-3 Tbsp xylitol

50 ml Fresh cream

Zest and juice of one lemon

Additional

100g Dark chocolate (LINDT 75%)

1 Tsp Coconut oil

Note: You can replace the lemon juice and zest with almond nut butter, cacao powder or any other taste combination you desire

METHOD

Mix cream cheese, cream, and xylitol with electric beater until smooth.

Add lemon juice and zest.

Adjust sweetness or lemon juice if needed.

Place mixture in lined dish and freeze until firm.

Sliced into desired size. You can also use a silicon ice tray or small cupcake holders.

Melt chocolate and coconut oil together and dip the fat bombs.

Keep in airtight container in freezer.



FROM THE  OF:

