

Treasure Barrel

# Keto Peanut Butter Chocolate Fat Bombs

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| **10 min**<br>Prep time | **5 min**<br>Cook time | **15 min**<br>Total time |
| **12**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 cup natural peanut butter (smooth or crunchy, no added sugar)
- [ ] 1/2 cup unsalted butter, softened
- [ ] 1/4 cup unsweetened cocoa powder
- [ ] 1/3 cup erythritol or preferred low-carb sweetener
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

## Instructions

1. In a small saucepan over low heat, melt the softened butter until it just begins to foam.
2. Add the cocoa powder and erythritol, whisking constantly until the mixture is smooth and glossy.
3. Remove from heat and stir in the peanut butter, vanilla, and sea salt until a thick, uniform batter forms.
4. Spoon the batter into silicone molds or lined mini muffin tins, smooth the tops, and place in the refrigerator for at least 1 hour until firm.
5. After chilling, pop the fat bombs out of the molds and enjoy immediately, or keep refrigerated until ready to serve.

### Nutrition per serving

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

### Tips & notes

- If the mixture feels too thick, add a teaspoon of heavy cream to loosen it.
- For a darker chocolate intensity, increase cocoa powder by an extra tablespoon.
- Feel free to drizzle melted sugar-free chocolate on top for extra shine.