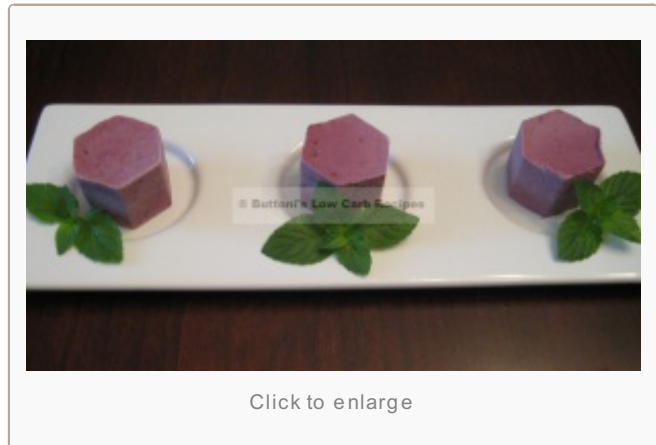


# Blueberry Fat Bombs

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If you're looking to up your fat intake on a ketogenic diet, I can't think of a tastier way to do that than Fat Bomb candies! I keep my [lemon-coconut version](#) and this recipe [chocolate version](#) in the freezer at all times, but do get tired of just the two flavors all the time. Today I decided to try a blueberry version! Made them two different ways: with whole berries; and with pureed berries. Not sure which is my fav, but I think the pureed version makes for nicer eye candy. :)



I just bought a large carton of blueberries this week and modified my lemon-coconut fat bomb recipe, making the obvious changes for this fruit. These came out delicious! I confess the pureed version was a little grainy, but blueberries don't get all their lovely fiber count from nowhere, ya know. But the taste was delightful. As with all fat bombs, you have to eat them straight out of the freezer, as they melt quickly in your hands. These are suitable for Atkins Phase 2, OWL once you get to the berries level of the carb ladder. They are OK for Primal, but not Paleo. Below is a pic of the silicone ice-cube trays I used. Of course, you can use other silicone molds or even make these in a small, shallow pan and cut into squares, twisting the pan slightly to pop out the frozen squares. Plastic ice-cube trays work nicely, too.

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## INGREDIENTS:

1 scant cup blueberries (about 9/10 cup)

1 stick butter

3/4 c. coconut oil

4 oz. cream cheese, softened

1/4 c. coconut cream

Preferred Sweetener to taste



**DIRECTIONS:** You can put these together in either of two ways: using whole berries; or pureeing the ingredients. The latter more uniformly diffuses the blueberries. I like them both ways equally.

Place silicone candy molds onto a baking pan for support and set them near your work area. I used honeycomb silicone ice-cube trays to make the ones shown above. The recipe made 24 fat bombs for me that are about 1"x 1". If your molds have smaller, shallower slots, you will undoubtedly get more than I did.

**Pureed Version:** Place berries, coconut cream and softened cream cheese in a food processor or blender and puree until smooth. In a saucepan over low heat, melt the butter and coconut oil. Cool slightly for 5 minutes and add to the food processor. Puree again until smooth. Add your sweetener of choice. Add sweetener slowly, tasting and adjusting to suit your preference level. I like to transfer the mixture to a spouted measuring cup or pitcher and gently pour the mixture into the molds not quite to the top. Place pan on level surface in your freezer and freeze about an hour. Pop them out and enjoy or freeze in plastic bags.

**Whole Berry Version:** Place 3-4 blueberries into each mold slot. In a saucepan, melt the butter and coconut oil over low heat. Remove from heat and slightly cool for 5 minutes or so. Add all remaining ingredients and whip well with a whisk or stick blender if you have one. The cream cheese will separate a bit, but not to worry, as it will taste just fine in the final treats. Add sweetener slowly, taste and adjust to your sweetness preference. Transfer the mixture to a spouted pitcher or spouted measuring cup for easy pouring into the molds. Fill each slot not quite full. Place in freezer on level surface for about 1 hour. Pop them out and enjoy or freeze in plastic bags.

**NUTRITIONAL INFO:** Number of servings will vary, depending on size of molds.

1/24 batch: 116 cal., 13g fat, .44g protein, 1.02g carbs, .18g fiber, .84g NET CARBS

Entire recipe: 2788 calories, 311 g fat, 24.5 g carbs, 4.3 g fiber, 20.2 g NET CARBS

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