

Frosted Cinnamon Swirl Fat Bombs



Ingredients:

Author: Brenna, Certified H.H.P. from Optimized Health Team

Servings: 12

1 cup Refined Organic Coconut Oil

1 1/2 cups Organic Coconut Manna

3 Tablespoons Organic Coconut Flour

1/2 teaspoon Pink Himalayan Sea Salt

1/2 teaspoon Organic Gr. Cinnamon

1-2 droppers Organic Stevia (liquid)

Frosted Cinnamon Swirl Fat Bombs

Instructions:

1. Add all the above ingredients into a food processor. Blend on everything together for 2-3 minutes or until smooth. Taste test to adjust sweetness if desired.
2. Pour into 12 cupcake papers and carefully place each fat bomb into a large 9×13 dish. Place dish in the freezer and freeze for about 30-1 hour or until fat bombs are set.
3. Remove from freezer and store in a freezer bag until ready to eat.
4. Be sure to take out your fat bomb out of the freezer 10-15 minutes before eating to thaw it out.