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Keto chocolate macadamia nut fat bombs

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Macadamia nuts are arguably one of the most [ketogenic](#) nuts. The only thing that could possibly make them better is – you guessed it – dark chocolate! These fat

bombs are salty, sweet, and absolutely delicious.

USMetric

4



servings

Ingredients

1 $\frac{1}{3}$ oz. (4 $\frac{2}{3}$ tbsp) sugar-free dark chocolate, stevia-sweetened chocolate chips



1 tbsp MCT oil or coconut oil

coarse salt or sea salt

1 $\frac{1}{2}$ oz. raw macadamia nuts halves

 Nutrition



Recipe by Suzanne Ryan  , nutritional review by Franziska Spritzler, RD, CDE 

✓ **Test kitchen**

Suzanne
Ryan

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 Franziska Spritzler, RD, CDE

Franziska Spritzler, RD
Registered Dietitian

Franziska
Spritzler,
RD,
CDE

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Instructions

1. Select a truffle mold, mini muffin pan, or mini baking cups with wells that are 2x1".
2. Place 3 macadamia nut halves in each of 8 wells of the mold or mini muffin pan or in each of 8 mini baking cups.
3. In a small microwave-safe dish, microwave the chocolate chips for 50 seconds or until melted. Stir until smooth, then add the MCT oil and a pinch of coarse salt. Mix until blended.
4. Spoon some of the chocolate mixture into each well or baking cup, completely covering the nuts. Sprinkle additional salt over the chocolate.
5. Transfer the mold or baking cups to the freezer for a minimum of 30 minutes, until the chocolate is solid.

Tips

Suzanne uses Lily's baking chips. These chocolate chips are dairy-free but are manufactured using equipment that may come into contact with dairy, so those with dairy allergies should be cautious.

Store extras in a zip-top plastic bag in the freezer for up to 6 months.

About the recipe

This recipe is part of a collaboration with [Suzanne Ryan](#) and comes from her book "[Simply Keto: A Practical Approach to Health & Weight Loss, with 100+ Easy Low-Carb Recipes](#)". Copyright © 2017, Suzanne Ryan

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