



Healthy Keto
with
Jim Colbourne

Wildberry Cheesecake Fat Bombs

1.5g NET Carbs (Low Carb Keto)

An Absolutely Delicious snack idea. What better snack than a cheesecake. The monkfruit helped to create sweetness to the cheesecake but not too sweet. Very filling with all the nutrients from the berries is a definite bonus. Change the wildberries to any type of berries and Enjoy!

***These desserts Must Be Frozen to prevent them from going soft. ***

Ingredients

8oz Cream Cheese (Room Temperature)

¼ cup Monkfruit

1 cup Wild Berries

¾ Stick of Butter (85g) (Room Temperature)

Links of Ingredients can be found in the description of Video

Macros may change depending on Brand of Ingredients



Serving Size: 1 fat bomb Calories: 60 Fat: 5g
Carbohydrates: 1.5g Protein: 1g

Instructions:

1. Add all ingredients to a bowl. Start to blend together before using a Hand Mixer.
2. Start using a Hand Mixer on Low, be careful of splatter, the berry juice might stain clothing.
3. Once everything is blended, add to Silicone Mold or Small baking cups. Use baking sheet and place the mold or cups on the baking sheet, place in the freezer or fridge. If you're using the fridge, once they set up then transfer to freezer and keep frozen. Enjoy!