

12 Sweet And Savory Fat Bombs The Keto Queens

Are you following a keto diet and looking for delicious and satisfying snacks that will help you stay on track while satisfying your cravings? Look no further! The Keto Queens have got you covered with their collection of 12 sweet and savory fat bombs.

What exactly are fat bombs, you may ask? Fat bombs are high-fat, low-carb snacks that are designed to keep you feeling full and energized. They are a perfect way to increase your fat intake while on the keto diet, helping you maintain ketosis and burn fat for fuel. Plus, they are incredibly tasty!

In this article, we will introduce you to 12 sweet and savory fat bombs created by the talented duo known as The Keto Queens. Each recipe is packed with healthy fats, low in carbs, and bursting with flavor.



12 Sweet and Savory Fat Bombs: The Keto Queens by Lara Clevenger ([Print Replica] Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Print length : 273 pages

Lending : Enabled



1. Bulletproof Coffee Fat Bombs



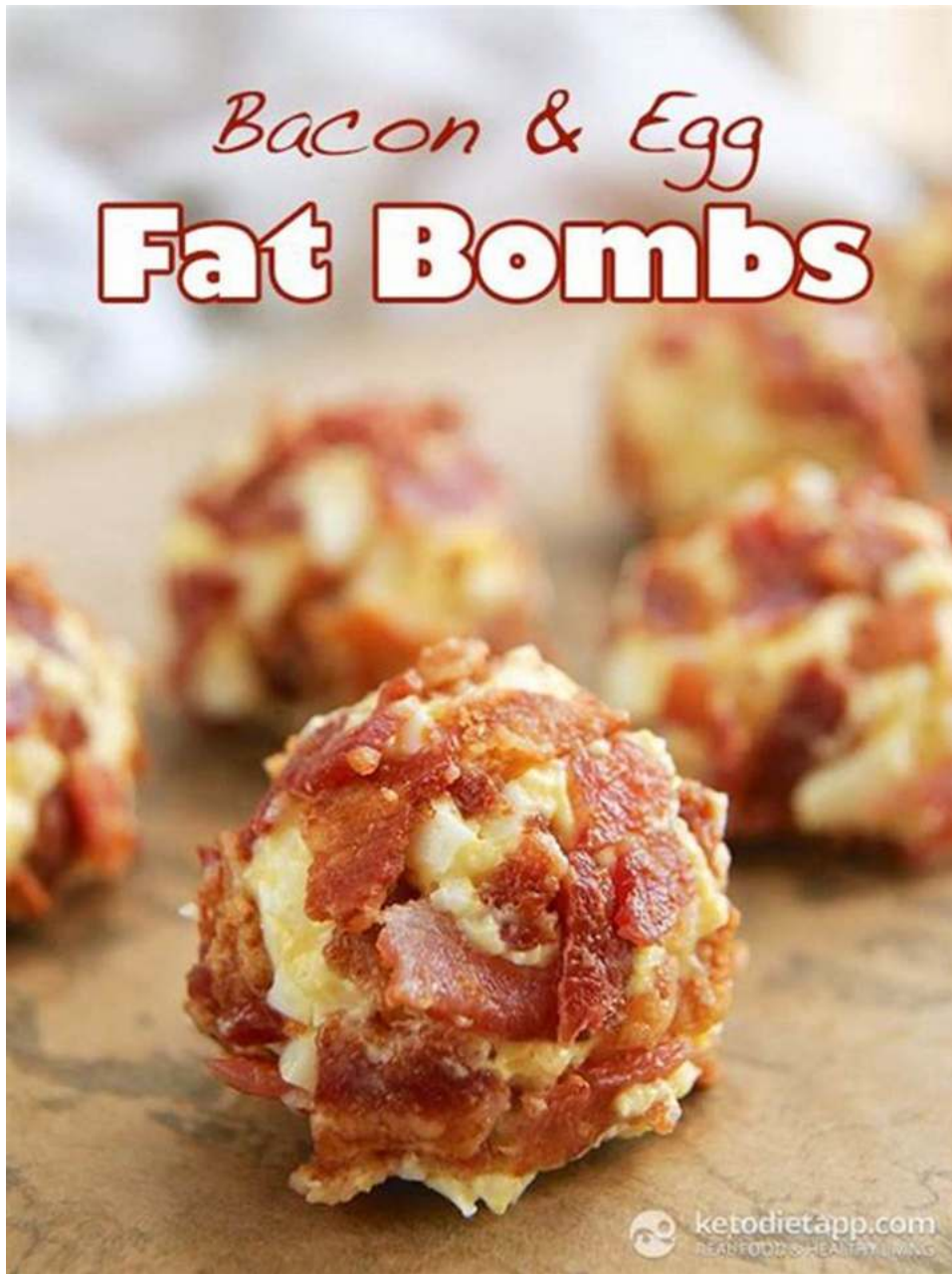
Starting off with a classic, these Bulletproof Coffee Fat Bombs are a must-try for all coffee lovers. Made with a blend of coffee, butter, coconut oil, and a touch of sweetener, these fat bombs are a creamy and decadent treat that will keep you fueled throughout the day.

2. Chocolate Almond Butter Fat Bombs



If you have a sweet tooth, these Chocolate Almond Butter Fat Bombs are just what you need. Packed with rich cocoa and creamy almond butter, these fat bombs taste like a guilt-free dessert.

3. Bacon and Egg Fat Bombs



For a savory option, try these Bacon and Egg Fat Bombs. Made with crispy bacon, eggs, and cream cheese, these fat bombs are the perfect way to start your day or enjoy as a quick and satisfying snack.

4. Lemon Cheesecake Fat Bombs



If you're a fan of tangy and creamy desserts, these Lemon Cheesecake Fat Bombs will be your new favorite treat. These bombs are a lemony twist on a classic cheesecake, providing you with a burst of flavor in every bite.

5. Jalapeno Popper Fat Bombs



Spice up your snacking with these Jalapeno Popper Fat Bombs. Made with cream cheese, cheddar cheese, and spicy jalapenos, these bombs are a perfect blend of creamy, cheesy, and spicy.

6. Peanut Butter Cup Fat Bombs

Graceful Little Honey Bee



Indulge your peanut butter cravings with these Peanut Butter Cup Fat Bombs. With a rich and creamy peanut butter filling coated in dark chocolate, these fat bombs will satisfy your sweet tooth while keeping you in ketosis.

7. Pizza Fat Bombs



Who says you can't enjoy pizza on a keto diet? These Pizza Fat Bombs are the ultimate cheesy and savory snack. Packed with pizza flavors and topped with melted cheese, these bombs are like mini pizza bites without the carbs.

8. Cinnamon Roll Fat Bombs



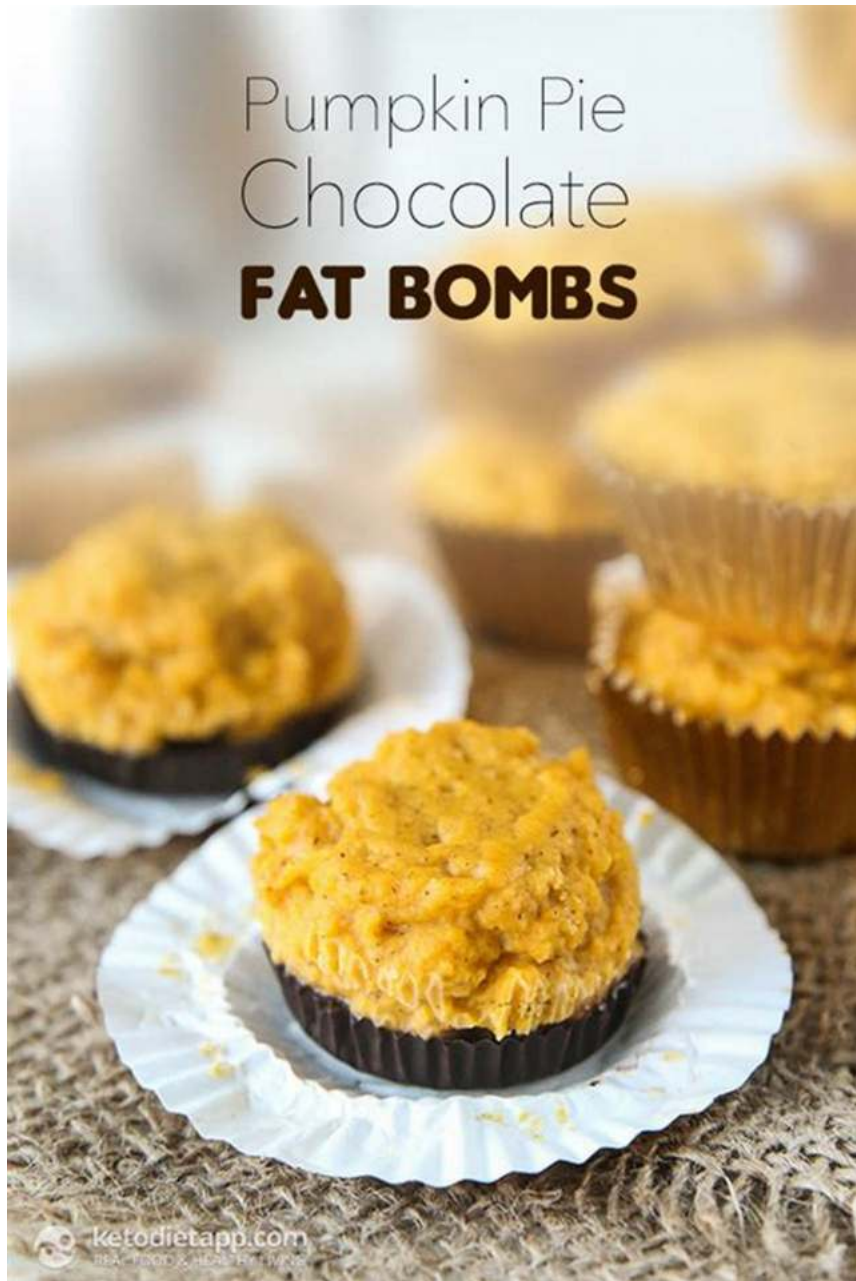
If you miss the comforting taste of cinnamon rolls on a keto diet, these Cinnamon Roll Fat Bombs will be a game-changer for you. These bombs are not only delicious but also smell like freshly baked cinnamon rolls straight out of the oven.

9. Buffalo Chicken Fat Bombs



If you're a fan of buffalo chicken wings, these Buffalo Chicken Fat Bombs are a must-try. These bombs are loaded with the classic buffalo chicken flavors, including tangy hot sauce and creamy blue cheese.

10. Pumpkin Pie Fat Bombs



Embrace the fall season with these Pumpkin Pie Fat Bombs. Made with real pumpkin puree and warm spices, these fat bombs will remind you of your favorite pumpkin pie, minus the carb overload.

11. Snickerdoodle Fat Bombs



Get the flavors of a classic snickerdoodle cookie in a keto-friendly snack with these Snickerdoodle Fat Bombs. Coated in a cinnamon-sugar coating, these bombs are a delicious and nostalgic treat.

12. Buffalo Ranch Fat Bombs



Last but not least, these Buffalo Ranch Fat Bombs are a perfect blend of tangy buffalo sauce and creamy ranch dressing. If you're a fan of buffalo chicken dip, you'll love these bombs as a keto-friendly alternative.

Now that you know about The Keto Queens' 12 sweet and savory fat bomb recipes, you have no excuse to fall off the keto wagon. These delicious and

satisfying snacks will keep you fuelled, satisfied, and on track with your keto diet. So, go ahead and give these fat bombs a try - your taste buds will thank you!



The Keto Queens
12 Best Sweet and Savory Fat Bomb Recipes
By Lara Clevenger (MSK, RD, LD) and Faith Conroy
Photography by Faith Conroy



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The 12 Best Sweet and Savory Fat Bomb Recipes. Delicious bite sized snacks packed full of health fats to help you hit your macros!

Do you struggle to get enough fat into your diet?

Do you have a hard time consuming enough calories?

Are you a snacker and miss sweet foods on a keto diet?

If you said yes to any of these questions then we have you covered! In this ebook we share our top 12 fat bomb recipes! We pulled together the best sweet and savory fat bombs to satisfy even the pickiest of eaters!

Fat Bomb Recipes Included:

Chocolate Covered Vanilla Buttercream Truffles

Cheddar-Bacon Savory Fat Bombs

Peanut Butter Cookie Dough Fat Bombs

Sugar Cookie Dough Fat Bombs

Ranch Savory Cheese Balls

Basic Vanilla Fat Bombs

Chocolate Chip

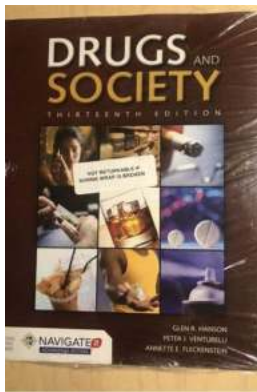
Toasted Coconut

Almond Cookie

Chia Lemon

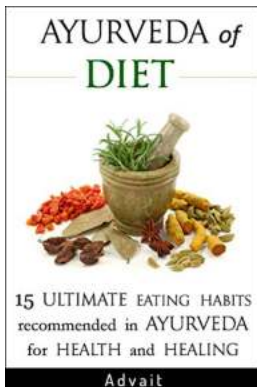
Butter Pecan

Blueberry Cheesecake



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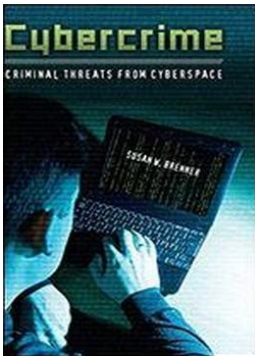
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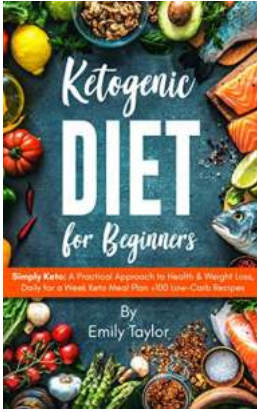
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