

PEANUT BUTTER FAT BOMBS

*Recipe developed by
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	Ingredients	Exchanges (use your child's)
Heavy Cream	Works with both no cream and with whipped heavy cream	
Protein	Creamy peanut butter	All protein exchanges
Fat	Softened butter	All fat exchanges
Carbohydrate	Carbohydrate of choice (examples: applesauce, sliced apples, wheat bread, or banana)	All carbohydrate exchanges
Other	(optional) Keto-approved chocolate syrup or artificial sweeteners	

DIRECTIONS

- If using heavy cream (refer to your child's individual meal plan), whip using an electric mixer until fluffy and stiff.
- Calculate the ingredients using your child's individualized meal plan and ketogenic diet manual.
- In a small bowl, combine the weighed butter, peanut butter, whipped heavy cream (if using), and carbohydrate of choice.
- If desired, add a keto-approved artificial sweetener for added flavor (only ~1 teaspoon or less is needed).
- Stir all ingredients together until smooth.

VARIATIONS

- This recipe can be served as a mousse or it can be frozen in miniature silicone molds to make peanut butter candies.
- This recipe can be kept in the refrigerator for 5-7 days in a sealed storage container, or stored in the freezer for up to 2 months.
- Other nut butters can be used such as SunButter® or pumpkin seed butter when calculated to the proper protein exchange.
- Other fats such as Smart Balance® or cocoa butter can be used when calculated to the proper fat exchange.