



# Maple and Coconut Fat Bomb

From Dr Jockers

## ingredients

- 1/2 c Coconut Oil
- 1/2 c Organic Tahini
- 1/2 c Honest Keto Maple Syrup
- 2 c Organic Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract
- 1/2 tsp Himalayan Salt
- 1/2 tsp Cinnamon
- 1 tsp Allspice

## directions

Add coconut oil to saucepan over low heat until it melts. Add tahini. Add the Honest Maple Syrup, give it a stir. Add the vanilla, cinnamon, allspice, and salt. Lightly whisk all ingredients together, then add the coconut. Stir coconut until it is completely coated. Scoop out a tablespoon at a time and transfer to a parchment lined dish and place in the freezer until hardened!

Be sure to store in fridge!

### Macros: 12 servings

calories. 246  
carbs. 2.0g  
protein. 3g  
fat. 25g

