



# cranberry brie fat bombs

## Ingredients

### Crust:

- ¼ cup + 2 tbsp (42g) coconut flour
- 1 tbsp (12g) classic monk fruit sweetener
- ¼ cup (2 oz) melted unsalted butter
- 1 egg, whisked

### Cranberry Sauce:

- 3 tbsp (36g) classic monk fruit sweetener
- 125g raw cranberries
- 1 tbsp (15 mL) lemon juice

### Brie Filling:

- 3 oz full-fat brie cheese, with rind, cubed

## Instructions

**1. Crust:** Preheat oven to 375 degrees. In a mixing bowl, whisk together coconut flour and monk fruit sweetener. Add melted butter and whisked egg and mix with a fork until well-incorporated. Spoon mixture into cavities of silicone molds and, using your fingers, press into an even layer. Transfer silicone mold to oven to bake for 6-7 minutes.

**2. Cranberry Sauce and Brie Filling:** In a food processor, pulse monk fruit sweetener until powdered. In a saucepan over medium heat, add powdered monk fruit sweetener, cranberries, and lemon juice and cook until cranberries soften and burst, about 10 minutes. Transfer cranberries to food processor and pulse until pureed.

**3.** Spoon cranberry sauce atop baked crust and add cube of brie atop cranberry sauce.

**4. Final Steps:** Return silicone mold to oven and bake until brie has melted, about 5-7 minutes. Allow to cool for 20 minutes before removing fat bombs from silicone mold cavities.



## Nutrition Facts

**Yields:** 12 Fat Bombs

**Serving Size:** 1 Fat Bomb

**Calories:** 76

**Total Carbs:** 6.4g

**Fat:** 6.5g

**Protein:** 2.3g

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