

The Autoimmune Foodie's

Fat Bomb eBook

Gluten Free, Dairy Free, Soy Free, Sugar Free



Photo: Decaf Latte Coconut Crust Fat Bomb in an Espresso Cup

What are Fat Bombs?	4
The Basic Bomb	5
<i>The Vanilla Bean Fat Bomb</i>	5
The Basic Bomb Plus	6
<i>The Vanilla Bean Fat Bomb Higher Fat</i>	6
The Basic Bomb Sweetened	7
<i>The Vanilla Bean Fat Bomb Sweetened</i>	7
The Basic Bomb Chocolate	8
<i>The Chocolate Fat Bomb</i>	8
The Chocolate Bomb Plus	9
<i>The Chocolate Fat Bomb Higher Fat</i>	9
The Chocolate Bomb Sweetened	10
<i>The Chocolate Fat Bomb Sweetened</i>	10
Fat Bomb Crusts	11
<i>The Mix and Match Fat Bomb Crusts</i>	11
The Lemon Bomb	12
<i>The Honey Lemon Fat Bomb</i>	12
The Sunbutter Bomb	13
<i>The Reese's Peanut Butter Cup Satisfier</i>	13
The Mint Chocolate Bomb	14
<i>Thin Mint/Jr. Mint/Mint Chocolate Ice Cream</i>	14
The Pumpkin Spice Bomb	15
<i>The Pie Bomb</i>	15

The Chocolate Cookie Bomb.....16
The Oreo Imitator16
The Coffee Latte Bomb.....17
Coffee or Decaf.....17
The Salted Caramel Crunch Bomb18
The Bomb with a Bit of Sugar18
The Black Cherry Bomb19
Try it with any Fruit19
The Rice Pudding Bomb.....20
A higher carb bomb option20
How to Find Me21
*Follow me for low mycotoxin recipes plus biohacking,
coaching, and health tips*21



What are Fat Bombs?

I struggled for years with sugar addiction and illness. I was diagnosed with six autoimmune diseases over 30 years before also being diagnosed with systemic lupus. Finally in August 2014, fearful of dying from lupus, I decided I had to make a diet change. I started following a ketogenic autoimmune eating protocol. After 3 years using food, faith, functional medicine and biohacking, I achieved remission from lupus, fibromyalgia, endometriosis, narcolepsy, restless leg, periodic leg movement disorder, asthma, colitis, gastroparesis and more. I also have Lyme disease, chronic Epstein Bar Virus, and a significant mold allergy. Because I react to mycotoxins in food, I have suggested brands (underlined in the ingredient lists) in this eBook that I have found to be low mold toxin. For more information on food and mold toxins, be sure to look for my new eBook, The Low Mycotoxin Diet, coming in November.

I am still battling HPA-axis dysregulation (“adrenal fatigue”), hypothyroid, and candida overgrowth, so sugar cravings are always lingering around. I haven’t had any refined sugar in 3 years. However during that time, I baked a lot of “paleo treats” with coconut sugar and honey. I finally realized that sugar in any form is not my friend. So I developed these simple sugar-free fat bomb recipes to help me stay in ketosis as well as enjoy delicious treats.

A fat bomb is typically a high-fat, low-carb treat made from things like coconut oil, coconut milk, grass-fed butter or ghee, and nuts. They are often used in ketogenic diets to get a high percentage of fat in the diet and to stay full while eating low carb.

There are hundreds of fat bomb recipes available online and most of them are great. I’ve tried many, but at the end of the day, I wanted to be able to make really simple fat bombs as part of my daily ketogenic diet. So I created a basic recipe with only 3 ingredients. From there, you can simply use the basic recipe and add ingredients to create unlimited flavors.

Fat bombs can be used on any type of diet to replace any dessert with a healthier version, and are especially helpful if following a ketogenic diet. Eat the basic bombs anytime: for breakfast, as a snack, or dessert. Eat the bombs with crusts as dessert or for holidays, birthdays or special occasions. Leave the crusts off any recipe for low carb, everyday treats.

Be sure to check back frequently on my website, as more bombs will be added over time. Connect with me on Instagram or Facebook and let me know what flavors you want to see next. My connection information is listed at the end of this eBook. Also be sure to check my website for my upcoming eBooks: The Mycotoxin Avoidance Diet and the Soup eBook.

Enjoy!

 The Autoimmune Foodie

The Basic Bomb

The Vanilla Bean Fat Bomb

- 🍌 1 can coconut milk like Native Forest Simple or Native Forest Classic*
- 🍌 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
- 🍌 1 scoop (2 TB) Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin**

- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan.
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender and pulse blend gently and briefly.
- ✓ Line cupcake pan with unbleached parchment cupcake liners.*****
- ✓ Pour vanilla mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
- ✓ Peel and eat!
- ✓ Makes about 6 cupcake size fat bombs depending on how full you fill each cup.
Each of the 6 fat bombs are 1 serving each.

- * Native Forest Simple is guar free. Native Forest classic has guar and makes a fluffier bomb. Guar gum can cause stomach upset and is inflammatory to some people.
- ** Using more collagen gelatin makes a firmer bomb, using less makes a softer, creamier bomb.
- ** Do NOT use regular collagen protein powder. Your bombs will NOT gel.
- ***** Use unbleached parchment liners so you can peel and eat the fat bombs. If you don't use liners, you won't be able to get them out of the cupcake pan to eat. Alternatively, you can use small dishes and eat them with a spoon. But I always buy If You Care Baking Cup Liners from Whole Foods or Amazon.



The Basic Bomb Plus

The Vanilla Bean Fat Bomb Higher Fat

- 🍌 1 can coconut milk like Native Forest Simple or Native Forest Classic*
- 🍌 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
- 🍌 1 scoop Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin**
- 🍌 1 TB grass fed butter or ghee
Kerrygold/Anchor Butter/Pure Indian Foods Cultured Ghee/Ancient Organics Ghee***
- 🍌 1 TB MCT oil like Bulletproof Brain Octane or XCT

- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan.
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender. Add MCT and butter/ghee and blend gently and briefly.
- ✓ Line cupcake pan with unbleached parchment cupcake liners.
- ✓ Pour vanilla mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
- ✓ Makes about 6 cupcake size fat bombs depending on how full you fill each cup.
Each of the 6 fat bombs are 1 serving each.

- * Native Forest Simple is guar free. Native Forest classic has guar and makes a fluffier bomb. Guar gum can cause stomach upset and is inflammatory to some people.
- ** Using more collagen gelatin makes a firmer bomb, using less makes a softer, creamier bomb.
- ** Do NOT use regular collagen protein powder. Your bombs will NOT gel.
- *** Ghee tastes creamy and delicious in the recipe, but the bombs don't last as long so eat quick, within in 1-2 days (without butter/ghee, they last 3-4 days if covered in the refrigerator).



The Basic Bomb Sweetened

The Vanilla Bean Fat Bomb Sweetened

- 🍌 1 can coconut milk like Native Forest Simple or Native Forest Classic**
- 🍌 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
- 🍌 1-2 scoops Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin***
- 🍌 1-2 TB xylitol or erythritol, 1 tsp stevia, or 1 TB local raw honey

- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan. If using xylitol, erythritol or stevia add to pan as well.
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender and blend gently and briefly.
- ✓ Line cupcake pan with unbleached parchment cupcake liners.
- ✓ Pour vanilla mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
- ✓ If using honey, spread 1 TB honey over the top of each cup.
- ✓ Peel and eat!
- ✓ Makes about 6 cupcake size fat bombs depending on how full you fill each cup. Each of the 6 fat bombs are 1 serving each.

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*** Do NOT use regular collagen protein powder. Your bombs will NOT gel.



The Basic Bomb Chocolate

The Chocolate Fat Bomb

- 🍌 1 can coconut milk like Native Forest Simple or Native Forest Classic*
- 🍌 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
- 🍌 1 scoop (2 TB) Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin**
- 🍌 1-2 scoops (2-4 TB) Bulletproof Chocolate Powder****

- ✓ Put coconut milk, Madagascar vanilla powder, chocolate & collagen gelatin in a pan.
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender and blend gently and briefly.
- ✓ Line cupcake pan with unbleached parchment cupcake liners.
- ✓ Pour chocolate mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
- ✓ Peel and eat!
- ✓ Makes about 6 cupcake size fat bombs depending on how full you fill each cup. Each of the 6 fat bombs are 1 serving each.

- * Native Forest Simple is guar free. Native Forest classic has guar and makes a fluffier bomb. Guar gum can cause stomach upset and is inflammatory to some people.
- ** Using more collagen gelatin makes a firmer bomb, using less makes a softer, creamier bomb.
- ** Do NOT use regular collagen protein powder. Your bombs will NOT gel.
- **** 2 TB chocolate makes a mild chocolate bomb, 4 TB makes a rich truffle-like bomb



The Chocolate Bomb Plus

The Chocolate Fat Bomb Higher Fat

- 🔥 1 can coconut milk like Native Forest Simple or Native Forest Classic*
- 🔥 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
- 🔥 1 scoop Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin**
- 🔥 1-2 scoop (2-4 TB) Bulletproof Chocolate Powder****
- 🔥 1 TB grass fed butter or ghee
Kerrygold/Anchor Butter/Pure Indian Foods Cultured Ghee/Ancient Organics Ghee***
- 🔥 1 TB MCT oil like Bulletproof Brain Octane or XCT

- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan.
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender. Add MCT and butter/ghee and blend gently and briefly.
- ✓ Line cupcake pan with unbleached parchment cupcake liners. Pour vanilla mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
- ✓ Peel and Eat.
- ✓ Makes about 6 cupcake size fat bombs depending on how full you fill each cup. Each of the 6 fat bombs are 1 serving each.

- * Native Forest Simple is guar free. Native Forest classic has guar and makes a fluffier bomb. Guar gum can cause stomach upset and is inflammatory to some people.
- ** Using more collagen gelatin makes a firmer bomb, using less makes a softer, creamier bomb.
- ** Do NOT use regular collagen protein powder. Your bombs will NOT gel.
- *** Ghee tastes creamy and delicious in the recipe, but the bombs don't last as long so eat quick.
- **** 2 TB chocolate makes a mild chocolate bomb, 4 TB makes a rich truffle-like bomb



The Chocolate Bomb Sweetened

The Chocolate Fat Bomb Sweetened

- 🍌 1 can coconut milk like Native Forest Simple or Native Forest Classic**
 - 🍌 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
 - 🍌 1-2 scoops Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin***
 - 🍌 1-2 scoop (2-4 TB) Bulletproof Chocolate Powder****
 - 🍌 1-2 TB xylitol or erythritol, 1 tsp stevia, or 1 TB local raw honey
-
- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan. If using xylitol, erythritol or stevia add to pan as well.
 - ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
 - ✓ Pour warm liquid into a blender and blend gently and briefly.
 - ✓ Line cupcake pan with unbleached parchment cupcake liners.
 - ✓ Pour vanilla mix into cupcake pan.
 - ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
 - ✓ If using honey, spread 1 TB honey over the top of each cup.
 - ✓ Peel and eat!
 - ✓ Makes about 6 cupcake size fat bombs depending on how full you fill each cup. Each of the 6 fat bombs are 1 serving each.

** Native Forest Simple is guar free. Native Forest classic has guar and makes a fluffier bomb.

Guar gum can cause stomach upset and is inflammatory to some people.

*** Using more collagen gelatin makes a firmer bomb, using less makes a softer, creamier bomb.

*** Do NOT use regular collagen protein powder. Your bombs will NOT gel.

**** 2 TB chocolate makes a mild chocolate bomb, 4 TB makes a rich truffle-like bomb

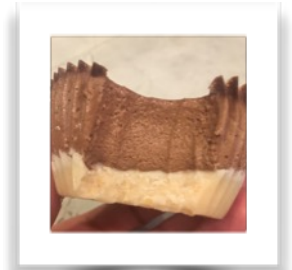


Fat Bomb Crusts

The Mix and Match Fat Bomb Crusts

VANILLA CRUST or TOASTED VANILLA CRUST

- 🍌 1.5 cups coconut flakes. I use the brand Let's Do Organic
 - 💡 OR 1.5 cups TOASTED coconut flakes from Let's Do Organic
- 🍌 2 TB MCT oil oil like Bulletproof Brain Octane or XCT*****
- ✓ Place ingredients into a high speed blender.
 - I use a @blendtec Twister Jar - perfect for nut butters and coconut crusts. Blend until looks like liquid - as fine as possible.
- ✓ Line a cupcake tin with unbleached parchment paper cupcake liners.
- ✓ Pour crust into cupcake tin. Fill 1/8-1/4 of the way. Makes about 8 crusts.
- ✓ Refrigerate about 3 hours until cold and hard.



Chocolate Fat Bomb with Vanilla Crust

CHOCOLATE CRUST

- 🍌 1.5 cups coconut flakes. I use the brand Let's Do Organic
- 🍌 2 TB MCT oil like Bulletproof Brain Octane or XCT*****
- 🍌 1.5 scoops (3 TB) Bulletproof Chocolate Powder (Raw Cacao)
- ✓ Place ingredients into a high speed blender.
 - I use a @blendtec Twister Jar - perfect for nut butters and coconut crusts. Blend until looks like liquid - as fine as possible.
- ✓ Line a cupcake tin with unbleached parchment paper cupcake liners.
- ✓ Pour crust into cupcake tin. Fill 1/8-1/4 of the way. Makes about 8 crusts.
- ✓ Refrigerate about 3 hours until cold and hard.



Vanilla Fat Bomb with Chocolate Crust

SWEET CRUST

- 💡 Add 2 TB erythritol like Wholesome Sweet to either of the above recipes. I personally use erythritol in my crusts for the fancy fat bombs to follow.
- 💡 You can also use Xylitol or Stevia.
- 💡 Nuts also make a great crust.
 - Just take your favorite nuts and blend with coconut oil, MCT oil and/or grass fed butter or ghee plus sweetener if desired. Cashew, pecan, almond, hazelnut or walnuts make great crusts.

*****Substituting coconut oil for MCT will make a crunchy crust.



Coffee Latte Fat Bomb with Vanilla Crust

The Lemon Bomb

The Honey Lemon Fat Bomb

- 🍷 2 cans coconut milk like Native Forest Simple or Native Forest Classic*
- 🍷 1-2 Scoops Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin (2-4 TB)**
- 🍷 4 TB Ghee like Pure Indian Foods Cultured Ghee or Ancient Organics Ghee***
- 🍷 2 TB MCT oil like Bulletproof XCT oil or Brain Octane
- 🍷 1 Lemon
- 🍷 1 tsp. Madagascar vanilla powder
- 🍷 Local Raw Honey****

💡 Use 1 scoop Collagen for a creamy cup that tastes like lemon yogurt. Use 2 scoops Collagen for a firmer cup.

- ✓ Pour 1 can coconut milk in saucepan. Add vanilla and Gelatin. Whisk until well blended. Gently bring to a simmer and stir constantly. Turn off heat.
- ✓ In a blender, add 2nd can of coconut milk, juice of one lemon, Ghee, and oil. Blend on high. Add hot liquid and blend gently and briefly.
- ✓ Pour into cupcake tin lined with non bleached parchment cupcake liners.
- ✓ Place in refrigerator for 3 hours or more.
- ✓ When cold and solid, glaze each with 1/2 tsp honey.

- * Native Forest Simple is guar free. Native Forest classic has guar and makes a fluffier bomb. Guar gum can cause stomach upset and is inflammatory to some people.
- ** Using more collagen gelatin makes a firmer bomb, using less makes a softer, creamier bomb.
- ** Do NOT use regular collagen protein powder. Your bombs will NOT gel.
- *** Ghee can be omitted.
- **** Add erythritol, stevia, or xylitol to the blender as sweetener instead of adding honey on top if desired.



The Sunbutter Bomb

The Reese's Peanut Butter Cup Satisfier

⊖ WARNING: ADDICTIVE: proceed at your own risk:

CHOCOLATE CRUST

🍌 1.5 cups coconut flakes. I use the brand Let's Do Organic

🍌 1.5 Scoops Bulletproof Chocolate (raw cacao)

🍌 2 TB erythritol such as Wholesome Sweet

🍌 2 TB MCT oil like Bulletproof XCT oil****

- ✓ Place ingredients into a high speed blender. I use a @blendtec Twister Jar - perfect for nut butters and coconut crusts. Blend until looks like liquid - as fine as possible.
- ✓ Line a cupcake tin with unbleached parchment paper cupcake liners.
- ✓ Pour crust into cupcake tin. Fill 1/8-1/4 of the way. Makes about 8 crusts.

🚧🚧🚧 Refrigerate for at least 1 hour - but preferably for 3 hours 🚧🚧🚧

- ✓ After the crusts are cold and hardened, proceed:

FILLING

🍌 1 can coconut milk. I always use Native Forest. I typically use Simple with no guar
However, for this recipe, I used Classic with guar. It made the filling mind-numbingly creamy

🍌 2 TB erythritol

🍌 1 scoop (2 TB) Bulletproof Collagelatin**

🍌 1/8 tsp Madagascar vanilla powder

- ✓ Add filling ingredients to a pot. Whisk vigorously. Turn heat on low and simmer just until bubbles start to form. This took 7 minutes on my stove. Stir constantly.
- ✓ Add liquid to blender. Add 2 TB sunbutter to the warm ingredients in the blender. Blend on high about 30 seconds until very creamy (sorry, collagen protein!)
- ✓ Pour into cold crusts.

🚧🚧🚧 Refrigerate another 3 hours MINIMUM 🚧🚧🚧

** Do NOT use regular collagen protein powder.

**** Using MCT oil makes the crust soft like a real crust.
You can substitute coconut oil for the MCT but it will make the crusts crunchy



The Mint Chocolate Bomb

Thin Mint/Jr. Mint/Mint Chocolate Ice Cream

CHOCOLATE CRUST

- 🍌 2 cups coconut flakes like [Let's Do Organic](#)
 - 🍌 2 TB erythritol like [Wholesome Sweet](#)
 - 🍌 3 TB MCT oil like [XCT oil from Bulletproof](#)****
 - 🍌 1 heaping scoop of [Bulletproof](#) chocolate powder (raw cacao)
- ✓ Place ingredients into a high speed blender. I use a BlendTec Twister Jar - perfect for nut butters and coconut crusts. Blend until looks like liquid - as fine as possible
 - ✓ Line a cupcake tin with unbleached parchment paper cupcake liners
 - ✓ Pour liquid into lined cupcake tin. Fill 1/8 of the way. Makes about 9 crusts.
 - ✓ Refrigerate for at least 1 hour - but preferably for 3 hours.
 - ✓ After the crusts are cold, proceed:

FILLING

- 🍌 1 can coconut milk. I used Native Forest.
I typically use Simple with no guar. Use Classic with guar for extra creamy filling.
 - 🍌 2 TB erythritol.
 - 🍌 1 scoop [Bulletproof](#) Collagelatin or [Vital Proteins](#) Collagen Gelatin.**
 - 🍌 2 TB MCT oil like XCT from [Bulletproof](#).
 - 🍌 1/4 tsp peppermint oil from Simply Organics.
- ✓ Add filling ingredients to a pot. Whisk vigorously. Then turn heat on low and simmer just until bubbles start to form, stirring constantly.. This took 7 minutes on my stove.
 - ✓ Add liquid to blender. Blend gently and briefly.
 - ✓ Pour into cold crusts.
 - ✓ Refrigerate another 3 hours MINIMUM but best for 6-8 hours.

💡 You can use stevia, honey or stevia sweetener if you follow Wahls or stevia or xylitol if you follow Bulletproof

** Do NOT use regular collagen protein powder. Your fat bombs will NOT gel.

**** Using MCT oil makes the crust soft like a real crust. You can substitute coconut oil for the MCT but it will make the crusts crunchy.



The Pumpkin Spice Bomb

The Pie Bomb



CRUST

- 🍊 1 Package Toasted coconut flakes From Let's Do Organic
- 🍊 4 TB erythritol From Wholesome Sweet
- 🍊 3 TB MCT oil like XCT oil from Bulletproof****

- ✓ Place ingredients into a high speed blender. I use a BlendTec Twister Jar - perfect for nut butters and coconut crusts. Blend until looks like liquid - as fine as possible
- ✓ Line a cupcake tin with unbleached parchment paper cupcake liners
- ✓ Pour liquid into lined cupcake tin. Fill 1/8 of the way. Makes about 9 crusts.
- ✓ Refrigerate for at least 1 hour - but preferably for 3 hours. When cold, Proceed:

FILLING

- 🍊 1 can coconut milk. I used Native Forest Classic for an extra creamy filling.
- 🍊 3 TB erythritol From Wholesome Sweet
- 🍊 1.5 scoops (3 TB) Bulletproof CollaGelatin or Vital Proteins Collagen Protein.
Be sure to use Collagen Gelatin and NOT regular collagen powder!
- 🍊 2 TB XCT oil from Bulletproof.
- 🍊 1/4 tsp Madagascar vanilla bean powder.
- 🍊 1 heaping tsp organic Pumpkin Pie Spice From Frontier Co-op.
- 🍊 1 can Organic Pumpkin, like Farmers Markets Foods.

- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Add liquid to blender. Blend gently and briefly.
- ✓ Pour into cold crusts.
- ✓ Refrigerate another 3 hours MINIMUM.
- ✓ Peel & Eat!

💡 You can use stevia or honey if desired.

💡 These are great with no crust. Or sub your favorite nuts for coconut.

****Substituting coconut oil for MCT will make a crunchy crust.

The Chocolate Cookie Bomb

The Oreo Imitator

CHOCOLATE CRUST

- 🍌 2 cups coconut flakes like [Let's Do Organic](#)
 - 🍌 2 TB erythritol like [Wholesome Sweet](#)
 - 🍌 3 TB MCT oil like XCT oil from [Bulletproof](#)
 - 🍌 1 heaping scoop of [Bulletproof](#) Chocolate powder (raw cacao)
- ✓ Place ingredients into a high speed blender. I use a [BlendTec Twister Jar](#) - perfect for nut butters and coconut crusts. Blend until looks like liquid - as fine as possible.
 - ✓ Line a cupcake tin with unbleached parchment paper cupcake liners.
 - ✓ Pour liquid into lined cupcake tin. Fill 1/8 of the way. Makes about 9 crusts.
 - ✓ Refrigerate for at least 1 hour - but preferably for 3 hours.
 - ✓ After the crusts are cold, proceed:

FILLING

- 🍌 1 can coconut milk. I used Native Forest Classic for an extra creamy filling
 - 🍌 2 TB erythritol
 - 🍌 1 scoop [Bulletproof Collagelatin](#) or [Vital Proteins Collagen Gelatin](#)**
 - 🍌 2 TB MCT oil like XCT oil from [Bulletproof](#)
 - 🍌 1 tsp Madagascar vanilla bean powder
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
 - ✓ Add liquid to blender. Blend gently and briefly.
 - ✓ Pour into cold crusts. Do not fill to the top.
 - ✓ Refrigerate another 3 hours MINIMUM but best for 6-8 hours.

CHOCOLATE TOPPING:

- ✓ Repeat Step 1, except pour crust onto top of vanilla filling. Refrigerate another 1-3 hours.
 - ✓ Peel & Eat!
- 💡 You can use stevia, honey, xylitol or other sweetener.
 - 💡 These are indulgent, best as a dessert. And a bit messy to eat!

** Do NOT use regular collagen protein powder. Your bombs will NOT gel



The Coffee Latte Bomb

Coffee or Decaf

- 🍷 1 cup coconut milk like [Native Forest](#)
- 🍷 1/2 tsp. Madagascar vanilla powder
- 🍷 1 scoop [Bulletproof collagelatin](#) or [Vital Proteins Collagen Gelatin](#)
- 🍷 4 TB MCT oil like [Bulletproof XCT oil](#)
- 🍷 1 cup [Bulletproof](#) coffee brewed. I used [Bulletproof Swiss Water Decaf](#)
- 🍷 4 TB erythritol like [Wholesome Sweet](#)
- 🍷 2 cups Toasted coconut from [Let's Do Organic](#)



CRUST:

- ✓ Put 2 cups toasted coconut flakes, 2 TB XCT oil and 2 TB erythritol in blender. I use the BlendTed Twister Jar. Blend to a smooth liquid.
- ✓ Line cupcake Tin with unbleached parchment cupcake liners like [@ifyoucare_usa](#) . Pour crust into cups and Refrigerate for 3 hours.

FILLING:

- ✓ Put in sauce pan: 1 cup coconut milk, 1 cup brewed coffee or Decaf, 1/2 tsp Madagascar vanilla powder, 1 scoop collagen gelatin, 2 TB erythritol, and 2 TB XCT oil. Whisk vigorously. Then heat slowly until just starts to bubble, stirring constantly. About 7 minutes.
- ✓ Add the hot liquid to blender and just blend briefly and gently.
- ✓ Refrigerate for at least 3 hours. They are best Refrigerated for 8 hours or overnight.
- ✓ Peel and eat! Makes about 6-9 cupcake size fat bombs (1 serving each).

- 💡 You can make these with coffee or Decaf. I used Decaf so I could enjoy them at night.
- 💡 These can be make with or without a crust.
- 💡 You can also make the filling first and place in tiny Mason jars or espresso cups (as I did in the photo on the cover). Refrigerate overnight or for at least 5 hours. Then make the crust and pour on top and refrigerate another 3 hours. This makes the fat bomb look like a tiny latte with foam on top.
- 💡 I made several versions of these: one with a bit of chocolate in the filling (1/2 scoop), one with a chocolate crust, one with regular coconut crust (vs toasted). They were all good, but this version was our favorite.
- 💡 Note that sometimes these are creamy and sometimes they are more jellied. They are good either way - I'm not sure why each batch is different.



The Salted Caramel Crunch Bomb

The Bomb with a Bit of Sugar

MAKE SALTED CARAMEL CRUST:

- 🍌 1 package Dang Caramel Sea Salt Toasted Coconut Chips
- 🍌 2-4 TB coconut oil (enough to make crusts blend to liquid)
- ✓ Place ingredients into a high speed blender. I use a BlendTec Twister Jar - perfect for nut butters and coconut crusts. Blend until looks like liquid - as fine as possible
- ✓ Line a cupcake tin with unbleached parchment paper cupcake liners.
- ✓ Pour liquid into lined cupcake tin. Fill 1/8 of the way. Makes about 9 crusts.
- ✓ Refrigerate for at least 1 hour - but preferably for 3 hours.
- ✓ After the crusts are cold, proceed:

MAKE BASIC CHOCOLATE BOMBS:

- 🍌 1 can coconut milk like [Native Forest Simple](#) or [Native Forest Classic](#)*
- 🍌 1/2 tsp. [Bulletproof VanillaMax](#) or Madagascar Vanilla Powder
- 🍌 1 scoop [Bulletproof CollaGelatin](#) or [Vital Proteins Collagen Gelatin](#)**
- 🍌 1-2 scoop (2-4 TB) [Bulletproof Chocolate Powder](#)****
- 🍌 1 TB grass fed butter or ghee
[Kerrygold/Anchor Butter/Pure Indian Foods Cultured Ghee/Ancient Organics Ghee](#)***
- 🍌 1 TB MCT like [Bulletproof Brain Octane](#) or [XCT](#)
- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan.
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender. Add MCT and butter/ghee and blend gently and briefly.
- ✓ Line cupcake pan with unbleached parchment cupcake liners. Pour vanilla mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
- ✓ Peel and eat! Makes about 6 cups.

💡 This one has to be eaten SAME DAY. If kept overnight, the sugar in the crust will dissolve the crust into a mess.

The Black Cherry Bomb

Try it with any Fruit

MAKE BASIC VANILLA BEAN BOMBS AND ADD ANY FRUIT:

- 🍷 1 can coconut milk like Native Forest Simple or Native Forest Classic*
- 🍷 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
- 🍷 1 scoop (2 TB) Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin**
- 🍷 1/4 cup chopped black cherries

- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan.
- ✓ Whisk vigorously. Then turn heat on slow and heat and stir until it just starts to bubble.
(Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender, add fruit, and blend gently and briefly.
- ✓ Line cupcake pan with unbleached parchment cupcake liners.
- ✓ Pour vanilla mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight.
- ✓ Peel and eat!
- ✓ Makes about 9 cups.

💡 I wasn't sure at first if I loved these, but they really grew on me.

- * Native Forest Simple is guar free. Native Forest classic has guar and makes a fluffier bomb.
Guar gum can cause stomach upset and is inflammatory to some people.
- ** Using more collagen gelatin makes a firmer bomb, using less makes a softer, creamier bomb.
- ** Do NOT use regular collagen protein powder. Your bombs will NOT gel



The Rice Pudding Bomb

A higher carb bomb option

MAKE BASIC VANILLA BEAN BOMBS:

- 🍌 1 can coconut milk like Native Forest Simple or Native Forest Classic
- 🍌 1/2 tsp. Bulletproof VanillaMax or Madagascar Vanilla Powder
- 🍌 1 scoop (2 TB) Bulletproof CollaGelatin or Vital Proteins Collagen Gelatin**

- ✓ Put coconut milk, Madagascar vanilla powder & 1 scoop collagen gelatin in a pan.
- ✓ Whisk vigorously. Then turn heat on low and slowly heat while stirring constantly until it just starts to bubble. (Do NOT turn heat on until after you have whisked well).
- ✓ Pour warm liquid into a blender and blend gently and briefly.
Line cupcake pan with unbleached parchment cupcake liners.
Pour vanilla mix into cupcake pan.
- ✓ Refrigerate for AT LEAST 3 hours or preferably overnight. Makes about 6 cups.

MAKE ORGANIC WITE JASMINE RICE

- 🍌 Organic White Rice cooked
(Lotus Foods or Alter Eco)
- 🍌 Honey

- ✓ Cool rice on counter top.
- ✓ Fill a tiny mason jar 1/2 way with cool rice.
- ✓ Drizzle with honey.
- ✓ Peel a vanilla fat bomb and place in mason jar.
- ✓ Eat

- 💡 Cool rice overnight in the fridge and drizzle with MCT oil before using for a lower carb option.

** Do NOT use regular collagen protein powder.
Your bombs will NOT gel.



Chapter Eight

How to Find Me

Follow me for low mycotoxin recipes plus biohacking, coaching, and health tips



Instagram @autoimmunefoodie

Facebook page: Autoimmune Foodie and The Mycotoxin Avoidance Diet

<https://www.autoimmunefoodie.com>

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