



Healthy Now

CATERING • MEAL PREP • JUICES

Keto Fat Bombs

If you want to boost your fat intake on a keto or low carb diet, Keto Fat Bombs are a great way to do it! Even if you aren't on the Keto diet, they provide the body with a type of fat that is used as fuel. They also contain vitamins, minerals, and a fatty acid found to prevent heart disease, increase immune function, and decrease body fat.



HealthyNow provides Corporate Catering, Meal Preparation and fresh pressed Juice Cleanses to support your fitness, wellness and nutrition goals.

To order, call or text Christine at 647-210-0047 or email her at Christine@HealthNow.ca
Check out our website for more info: www.healthynow.ca





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You'll need:

- 8 oz. cream cheese, softened to room temperature
- 1/2 cup of peanut butter
- 1/4 cup of coconut oil, plus 2 tbsp
- 1 tsp kosher salt
- 1 cup of dark chocolate chips

To make:

1. Line a small baking sheet with parchment paper.
2. In medium bowl, combine cream cheese, peanut butter, ¼ cup coconut oil, and salt.
3. Using a hand mixer, beat mixture until fully combined, about 2 minutes. Place bowl in freezer to firm up slightly, 10 to 15 minutes.
4. When peanut butter mixture has hardened, use a small cookie scoop or spoon to create golf ball sized balls. Place in the refrigerator to harden, for 5 minutes.
5. Meanwhile, make chocolate drizzle: combine chocolate chips and remaining coconut oil in a microwave safe bowl and microwave in 30 second intervals until fully melted.
6. Drizzle over peanut butter balls and place back in the refrigerator to harden, 5 minutes. Serve.

Enjoy! Past recipes of the week are posted at our website www.HealthyNow.ca. And don't forget, OrangeTheory Fitness members always get 15% off Juices, and 15% off any Meal Pack!

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