



MicroDried[®]
Fruits & Vegetables
Powders • Fragments • Whole

keto carrot cake fat bomb

- +8 oz cream cheese, softened
- +1/2 teaspoon vanilla extract
- +4 Tbsp powdered erythritol (such as Swerve) or sweetener of choice*
- +1/2 tsp cinnamon
- +1/3 cup chopped pecan pieces
- +1/3 cup unsweetened shredded coconut
- +3 Tbsp **MicroDried[®] Carrot Powder**

1) Place softened cream cheese in large bowl with stand or hand mixer and beat until fluffy, about 1-2 minutes.

2) Add the remaining ingredients and mix until fully incorporated, about 30 seconds. Using a small cookie scoop, scoop the mixture onto wax paper and place in freezer until set, up to four hours. It is recommended to let the fat bombs thaw for 5-10 minutes before eating.

*If not following a low-carb or keto diet, feel free to use maple syrup, honey, or regular powdered sugar in place of the erythritol. Recipe will no longer be low-carb or sugar free.

featured product

MicroDried[®] Carrot Powder

