

# **COCONUT FAT BOMBS**

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## **INGREDIENTS**

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1/2 stick butter	1 tsp vanilla
1/2 cup nut butter	1/2 tsp cinnamon
1/2 cup unsweetened coconut	1/2 tsp ginger

## **PROCEDURE**

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In sauce pan over medium-heat, melt butter and nut butter.

Remove from heat, add in the vanilla, cinnamon, ginger and coconut, stirring until combined.

Line muffin pan with liners and equally distribute the mixture into the pan. Freeze for 30 minutes to 1 hour.

\*Can add pumpkin or other spices of choice.