KEY LIME COCONUT KETO BOMBS

Ingredients:

1 can full fat coconut milk (canned, not refrigerated carton)

¾ cup coconut manna or cream (manna will make a more shelf-stable thicker treat)

¾ cup unsweetened coconut flakes

Juice of 3 limes

1 tsp vanilla

30+ drops of Liquid Stevia—to taste

Optional: 2 T inulin prebiotic fiber

Instructions:

1. Juice limes into mixing bowl.
2. Add stevia, coconut milk and coconut manna. You may need to lightly microwave or melt manna in a double boiler, depending on the time of year as it gets harder in winter.
3. Add vanilla and optional fiber
4. Add coconut flakes. Mix.
5. Pour into ice cube trays, fat bomb molds or a small square glass storage dish and cut into ½’ cubes. Best if kept refrigerated.