

Long Livo

Keto Strawberry Cheesecake Fat Bombs

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 8 oz full-fat cream cheese, softened
- [ ] 4 tbsp unsalted butter, melted
- [ ] 1/3 cup erythritol (or preferred low-carb sweetener)
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1/4 cup strawberry puree (fresh or frozen)

Instructions

1. In a mixing bowl, beat the softened cream cheese and melted butter together until smooth and fluffy.
2. Add the erythritol, vanilla, and lemon zest; whisk until fully incorporated.
3. Gently fold in the strawberry puree, being careful not to over-mix; the mixture should stay light.
4. Spoon the batter into silicone molds or mini muffin tins, smooth the tops, and chill for at least 1 hour until firm.
5. Once set, pop the bombs out of the molds, dust lightly with extra erythritol if desired, and enjoy.

Nutrition per serving

120 kcal	2 g	4 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, add a splash of heavy cream to loosen.
- For a decorative touch, drizzle a tiny amount of melted dark chocolate on top before chilling.
- Feel free to swap the strawberry puree for a low-carb raspberry blend for variety.