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# What The Heck Are Fat Bombs? And Why They're Actually Good For You

by [Marygrace Taylor \(/author/marygrace-taylor\)](#) February 13, 2017



Photograph courtesy of Ditch The Wheat

If you care about your weight, there are probably few phrases that strike as much fear in your heart as FAT BOMB.



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fries is one of the worst things you can eat.  
It's a real fat bomb."

But these days, mounting evidence says fat  
—especially the unsaturated kind—is [really  
good for you](#)

([http://www.prevention.com/food/how-  
much-fat-should-i-eat-daily](http://www.prevention.com/food/how-much-fat-should-i-eat-daily)). [Research](#)  
([http://ajcn.nutrition.org/content/89/4/101  
9.full](http://ajcn.nutrition.org/content/89/4/1019.full)) shows that it can fill you up, make it  
easier to maintain a healthy weight, and  
[even help you live longer](#)  
([http://jamanetwork.com/journals/jamaint  
ernalmedicine/article-abstract/2530902](http://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2530902)).

Folks, it's time to get on board the fat bomb  
train. Which is easy to do, because clean  
recipes for fat bombs are suddenly  
everywhere. Think of them like energy balls,  
but instead of being made with things like  
oats or dried fruit, they're made almost  
exclusively from high-fat, low-carb  
ingredients. Think coconut, unsweetened  
chocolate, nuts and nut butters, and  
avocado. (Never diet again and still lose  
weight with this [cutting-edge plan that  
naturally retrains your fat cells. Here's how](#)  
([http://www.thefatcellsolution.com?  
keycode=260673&utm\\_source=prevention.  
com&utm\\_medium=textlink&utm\\_campai  
gn=WhatTheHeckAreFatBombsAndWhySho](http://www.thefatcellsolution.com?keycode=260673&utm_source=prevention.com&utm_medium=textlink&utm_campaign=WhatTheHeckAreFatBombsAndWhySho)



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And dang if they aren't delicious. Here are 5 recipes to whip up for some rich, seriously satisfying snacking.



Photograph courtesy of Living Well Mom

## Craving Buster Fat Bombs

[Living Well Mom's](#)

[\(http://livingwellmom.com/2017/01/craving-buster-fat-bombs/\)](http://livingwellmom.com/2017/01/craving-buster-fat-bombs/) treats might look like the [peanut butter](#)

[\(<http://www.prevention.com/food/peanut-butter-recipes>\)](http://www.prevention.com/food/peanut-butter-recipes) cups you loved to eat as a

kid. But they're made with just three simple, high-fat ingredients: [Coconut oil](#)

[\(<http://www.prevention.com/beauty/coconut-oil-cures-for-your-skin-and-hair>\)](http://www.prevention.com/beauty/coconut-oil-cures-for-your-skin-and-hair),

cacao powder, and almond butter. Just one, and you'll be good to go for hours.



Photograph courtesy of Ditch The Wheat

## Cinnamon Bun Fat Bomb Bars

Next time you get the urge to order an actual cinnamon bun from the coffee shop, just reach for one of these bars from [Ditch the Wheat](http://ditchthewheat.com/cinnamon-bun-fat-bomb-bars/)

(<http://ditchthewheat.com/cinnamon-bun-fat-bomb-bars/>). Instead of refined carbs and butter, they're made with filling, energy-sustaining ingredients like creamed coconut and almond butter. So you won't need to take a nap when you're done noshing. (Looking for more DIY recipes? Try these [3 delicious no-bake energy bar recipes](http://www.prevention.com/food/3-delicious-no-bake-energy-bars) (<http://www.prevention.com/food/3-delicious-no-bake-energy-bars>.)

**Prevention Premium:** [6 Recipes With The Perfect Balance Of Healthy Saturated Fats](http://www.prevention.com/food/6-recipes-with-the-perfect-balance-of-healthy-saturated-fats) (<http://www.prevention.com/food/6-recipes-with-the-perfect-balance-of-healthy-saturated-fats>).



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Photograph courtesy of A Simple Pantry

## Breakfast Bacon Fat Bombs

Fat bombs don't have to be sweet. Made with [hard-boiled egg](#)

[\(http://www.prevention.com/food/best-way-to-peel-a-hard-boiled-egg/\)](http://www.prevention.com/food/best-way-to-peel-a-hard-boiled-egg/), butter,

mayo, [avocado](#)

[\(http://www.prevention.com/food/food-remedies/avocado-lowers-ldl-cholesterol/\)](http://www.prevention.com/food/food-remedies/avocado-lowers-ldl-cholesterol/),

bacon, Serrano peppers, and cilantro, [A](#)

[Simple Pantry's](#)

[\(http://asimplepantry.com/breakfast-bacon-fat-bombs/\)](http://asimplepantry.com/breakfast-bacon-fat-bombs/). crisp, crunchy bites



Photograph courtesy of Dirty Floor Diaries

## Sea Salted Chocolate Fat Bombs

If you go crazy for all things sweet and salty, these fat bombs from [Dirty Floor Diaries](http://dirtyfloordiaries.com/sea-salted-chocolate-fat-bomb/) (<http://dirtyfloordiaries.com/sea-salted-chocolate-fat-bomb/>) are the ones for you.

Cocoa powder, vanilla extract, and cinnamon serve up a subtle natural sweetness without the carbs. And the combo of heavy cream, cream cheese, sunflower butter, and coconut oil mean that they quite literally melt in your mouth.

**MORE:** [4 Foods That Burn Belly Fat](http://www.prevention.com/food/food-remedies/flat-belly-foods-boost-energy-and-control-hunger) (<http://www.prevention.com/food/food-remedies/flat-belly-foods-boost-energy-and-control-hunger>).



Photograph courtesy of Primitive Palate

## Pecan Fudge Fat Bombs

Make the [Primitive Palate's](https://theprimitivepalate.com/2015/01/24/keto-pecan-fudge-fat-bombs/) (<https://theprimitivepalate.com/2015/01/24/keto-pecan-fudge-fat-bombs/>) fat bombs for Valentine's Day—or any day you feel like a treat. Heavy cream, cocoa butter, and cocoa powder make them nutty and fudgy, while a few drops of the sugar alcohol erythritol add sweetness without the extra carbs or calories. (Here, we rank the top [9 most popular natural sweeteners](http://www.prevention.com/eatclean/natural-sweeteners) (<http://www.prevention.com/eatclean/natural-sweeteners>).

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