



**Eat Well. Live Well.**

[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

## CONTACT

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Hellenic Restaurant:  
631 477-0138

[www.TheHellenic.com](http://www.TheHellenic.com)

# Chocolate Fat Bombs

9 oz. [Lily's Low Carb Chocolate](#)  
9 oz. [Organic Peanut Butter](#)  
5.5 oz. [Organic Coconut Oil](#)  
3 oz. [Kerrygold® Butter](#)  
4.5 oz. Mascarpone  
1 cup [Sprouted Organic Pumpkin Seeds](#) or [Hemp seeds](#)  
3 tbsp. [Monk Fruit Extract](#) (optional)

preparation instruction, watch the video on YouTube:

[Chocolate Fat Bombs](#)

[Youtube.com/AwareHouseChef](https://www.youtube.com/AwareHouseChef)

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