

Helergon Kitchen

Keto Strawberry Cheesecake Fat Bombs

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 8 oz (225 g) full-fat cream cheese, softened
- [ ] 1/4 cup (50 g) erythritol
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice

Fruit Layer

- [ ] 1/4 cup fresh strawberry purée (about 4-5 strawberries)
- [ ] 1 tbsp erythritol (optional, for extra sweet)

Whipped Cream

- [ ] 1/3 cup heavy whipping cream
- [ ] 1 tbsp erythritol

Instructions

1. In a bowl, blend softened cream cheese, 1/4 cup erythritol, vanilla, and lemon juice until smooth.
2. In a separate cup, mash the strawberries into a purée; stir in the optional tablespoon of erythritol if you like it sweeter.
3. Whip the heavy cream with 1 tbsp erythritol until soft peaks form. energy balls
4. Fold the whipped cream into the cream-cheese mixture gently, then swirl in the strawberry purée for a ribbon effect.
5. Spoon the batter into silicone molds, smooth the tops, and chill for at least 15 minutes until firm.
6. Unmold the fat bombs, drizzle a tiny spoonful of extra strawberry purée if desired, and serve chilled.

Nutrition per serving

120 kcal	2 g	3 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, a splash of cold water loosens it without affecting flavor.
- For extra shine, lightly dust with powdered erythritol just before serving.
- These bombs can be frozen; thaw briefly at room temperature for the perfect bite.