



EVERYTHING
HERBAL

by Cheryl Jabz

PLANT • NOURISH • THRIVE

SUGAR FREE
Naturally Sweetened!

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Thanks for Supporting Herbal Wellness!

Chocolate PEPPERMINT FAT BOMBS

SUGAR FREE

Cool, creamy, and delightfully refreshing! These Chocolate Peppermint Fat Bombs are sugar free, low carb, and perfect for a keto or low sugar lifestyle. A satisfying treat to fuel your day and support your goals!



PERFECT FOR KETO & LOW CARB

SWEETNESS WITHOUT SUGAR

INGREDIENTS

- 1 cup unsweetened shredded coconut
- 1/2 cup natural almond butter (or peanut butter)
- 1/4 cup unsalted butter (or coconut oil)
- 2 tbsp unsweetened cocoa powder
- 1-2 tbsp monk fruit sweetener (or to taste)
- 1 tsp peppermint extract
- 1/2 tsp vanilla extract
- Pinch of sea salt

TOPPING (OPTIONAL):

- Crushed sugar-free peppermint candies
- Extra shredded coconut

DIRECTIONS

- In a medium bowl, combine almond butter, coconut, cocoa powder, sweetener, peppermint extract, vanilla extract, and sea salt. Mix until well combined.
- In a small saucepan or microwave-safe bowl, melt the butter (or coconut oil). Stir until smooth and let cool slightly.
- Pour the melted butter into the dry mixture and stir until a thick dough forms.
- Scoop the mixture evenly into silicone molds or mini muffin liners, pressing down firmly.
- Top with crushed sugar-free peppermint candies and a sprinkle of shredded coconut if desired.
- Freeze for at least 30-60 minutes, or until firm.
- Pop out of molds and store in an airtight container in the freezer. Enjoy!

CHERYL'S TIP

Keep these in the freezer and enjoy one when you need a cool, refreshing boost of energy!

HERBAL HIGHLIGHTS



PEPPERMINT
Traditionally used to support digestion, ease tension, and promote a refreshing sense of clarity.



COCOA
Rich in antioxidants and mood-boosting compounds that support heart health and well-being.



COCONUT
Provides healthy fats for sustained energy and supports a satisfying, low carb diet.

SUGAR FREE LOW CARB KETO FRIENDLY GLUTEN FREE HIGH IN GOOD FATS

Made with Love, Nature & Herbs
Simple ingredients. Powerful benefits.
Made for you and your family.

PERFECT FOR:

- Keto & Low Carb Diets
- Healthy Snacks
- Meal Prep
- Energy Boosts
- Sweet Cravings
- Guilt-Free Indulgence

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www.EverythingHerbalbyCherylJabz.com

THANK YOU!

Bringing the Power of Herbs to Your Kitchen and Your Life!