

# Blueberry Fat Chunks

The Blueberry Fat Chunks is a tasty snack that can be eaten anything throughout the day. Why not make a batch and eat them throughout the week.



## Nutrients per serving:

Carbs	Fat	Protein	Calories
1 g / 0.04 oz	2.4 g / 0.08 oz	1.2 g / 0.04 oz	32 kcal

**Prep time:** 10 mins    **Cooking time:** 20 mins    **Servings:** 8

## Nutrients per serving:

**Carbs** 1 g / 0.04 oz

**Fat** 2.4 g / 0.08 oz

**Protein** 1.2 g / 0.04 oz

**Calories** 32 kcal

## Ingredients

- 100g (3.5 oz) fresh blueberries
- 2 tbsp (0.6 oz) finely ground almond flour
- 2 tbsp (1 oz) granulated sweetener
- 2 tbsp (0.9 oz) softened butter
- 1 tsp (0.17 oz) lemon juice

## Cooking Instructions

1. Mash the blueberries and cook in a non-stick pan on low-medium heat for 10 minutes. Stir from time to time.
2. Mix the mashed blueberries, flour, granulated sweetener, butter, and lemon juice in a food processor and blend for 3 minutes.
3. Put the mixture in a baking sheet for cooling in the chiller for 10 minutes.
4. Remove from the chiller and cut into squares. Roll the squares in the additional granulated sweetener.