



Ginger Honey Date Keto Bombs

These keto bomb have all of the flavors of a gingerbread cookie with none of the carbs. The best part is they are low carb and ready in 10 minutes!

INGREDIENTS

2 cups Finely ground almond flour
2/3 cup Granular Sweetener
1 teaspoon Ground ginger
1/2 teaspoon Ground cinnamon
1/2 teaspoon Ground nutmeg
1/4 teaspoon Kosher salt
6 Tablespoons Melted butter

1 teaspoon honey date syrup

INSTRUCTIONS

Add all of the dry ingredients to a medium sized bowl and mix to combine. Stir in the melted butter and molasses to form a thick dough. Using a small cookie scoop, scoop out a portion of dough and roll it into a ball. Place the balls in an air tight container and refrigerate for 1 hour. Keep in the refrigerator for snacking! Makes 16 balls

Homemade Date Honey

4 cups Farm Fresh Nuts [Pitted Dates](#)

Enough water to cover

Instructions

We recommend filling your blender about 3/4 full of dates and then adding enough water just to cover those dates. Blend until you get a paste and then taste it. If it's too thick, you can always add more water, or more dates if too thin for your taste.

Once you have the dates and water blended, gently heat until the sugar in the dates breaks down. Cool and use. If you like a more syrup-like consistency filter through cheesecloth.