

Lemon Cheesecake No Bake Bars

THM-Friendly: S

Crust:

- 1 cup THM [Baking Blend](#)
- 1 cup [cashew](#) (nut) flour
- 3 pinches of [mineral salt](#)
- 3 tsp. THM [Super Sweet](#)
- 5 tsp. [coconut oil](#) (start with 1 tsp.; add 1 tsp. at a time until you get a crust consistency)
- zest of 1 lemon
- 1 tsp. lemon juice



Add all crust ingredients to your food processor and blend together. Put the dough into a 7 x 11" pan and press into a crust. Set aside.

Cheesecake:

- 1/4 cup light cream (aka half & half)
- 1 tsp. THM [Just Gelatin](#)

Add gelatin to the cream in a small bowl and lightly stir; set aside while making the cheesecake in a medium bowl.

- 8 oz. cream cheese, softened
- 2 Tbsp. non-fat plain Greek yogurt
- 1/3 cup THM [Gentle Sweet](#)
- 5 drops lemon essential oil or 1/2 tsp. lemon extract
- zest of 1 lemon
- 2 Tbsp. lemon juice
- 2 drops [yellow food coloring](#)



After you've added the above 7 ingredients to the medium-sized bowl, stir the gelatin/cream and microwave for 30 seconds. Stir again until gelatin is dissolved; squish the chunks as needed, or just take them out. Add the gelatin to the larger bowl. Using a mixer, mix together until thickened and smooth, and fluffy. When you've got the cheesecake mix smooth, plopping it onto the crust, and spread it out using a spatula.

Whipped Topping:

- 1 cup heavy cream
- 1 Tbsp. THM Gentle Sweet (add more sweetener if/as needed)
- 2 drops lemon essential oil or 1/4 tsp. lemon extract

Mix together with a mixer until nice and fluffy, and thickened. Spread on top of the cheesecake. You can top it with more lemon zest if your heart leads you to it. Put into the fridge to firm up.

You can double the recipe if you want the cheesecake to be thicker.

enJOY!

