

Smores Cheesecake Bars

THM-Friendly: S

Graham Cracker Crust:

- 1 cup [almond flour](#)
- 1 cup THM [Baking Blend](#)
- 3 Tbsp. softened butter
- 2 Tbsp. water
- 2 pinches of [mineral salt](#)
- 2 Tbsp. THM [Super Sweet](#)
- 2 Tbsp. [Integral Collagen](#)



Place all ingredients into a Ninja Chopper and blend until it becomes a formable crumble (about 3 minutes). Spray a 9X13" baking dish with nonstick cooking spray and press the crumble evenly into the bottom of the pan. Bake in a 350° oven for about 10 minutes; cool before adding other layers.

Cheesecake Filling:

- 1/3 cup hot water and 2 Tbsp. [gelatin](#) in a small bowl to thicken
- 2 bricks softened cream cheese (I use 1/3 fat)
- 1/2 cup half and half
- 1/2 cup THM [Gentle Sweet](#)
- 1 Tbsp. [vanilla extract](#)

In a large mixing bowl, mix all ingredients with a hand mixer for about 1 minute. Add the thickened gelatin mixture to the bowl and mix for another 2 minutes until thick and fluffy. Spoon on top of the graham cracker crust.

Marshmallow Layer:

- 2 batches of KJ's [Toastable Marshmallows](#)

Spread the marshmallow mixture on top of the cheesecake layer.

Chocolate Layer:

- 3/4 cup stevia-sweetened chocolate chips
- 2 tsp. [coconut oil](#)
- 2 Tbsp. half and half



In a glass mixing bowl add chocolate chips and coconut oil and melt in the microwave at 30-second intervals to melt (don't let it seize) (about 90 seconds total). Add half and half to the chocolate and mix together with a spoon. With a spatula spread over the marshmallow layer.

Optional on top: Beauty Blend Graham Crackers from the recipe in [Trim Healthy Table](#) pg 504-505. Mix them up and cook in the air fryer (they don't have to be pretty; just spread them out on a pan evenly) and make them into a crumble and store in the fridge or freezer. Sprinkle over the Chocolate Layer.

Refrigerate for a couple of hours to firm.

enJOY!!

<https://www.joyfullifewithkj.com/desserts-and-snacks/smores-cheesecake-bars>

