

Oreo Cheesecake Parfaits

THM-Friendly: FP

Oreo Crumble:

- 1/2 cup black cocoa (you can use regular cocoa but it won't have the oreo flavor)
- 1/2 cup TH Baking Blend
- 3/4 cup TH Gentle Sweet
- 1/2 tsp. xanthan gum
- 1/4 tsp. baking soda
- 2 pinches of mineral salt
- 6 Tbsp. egg whites
- 2 Tbsp. water
- 2 Tbsp. Greek yogurt



Mix together. You want the dough to be fairly dry. Spread it roughly in a flat pan and bake in the air fryer for about 20-25 minutes. Let cool and then break into small pieces.

Cheesecake:

- 2 1/2 cups low-fat cottage cheese
- 1/2 cup egg whites, [barely] cooked and cooled
- 1/4 cup Greek yogurt
- 2 Tbsp. lemon juice
- 1/2 cup Gentle Sweet
- 1 tsp. vanilla extract

Blend everything together in a food processor.

Bloom...in 2 Tbsp. cool water

- 1 Tbsp. gelatin

Stir in 2 Tbsp. hot water and stir until smooth. Add to the food processor and blend. Then add:

- 1/2 cup whey

Blend again until incorporated.

Alternate the crumble with the cheesecake in a jar or pretty glass and refrigerate. Makes about four jars.

enJOY!

