

Bananas Foster Cheesecake Bowl

THM:E

Cheesecake:

- 1 cup low-fat cottage cheese
- 1/4 tsp. banana extract
- 1/4 tsp. caramel extract
- 1/2 tsp. THM Super Sweet
- 1 tsp. Truvia Brown or Brown Swerve
- 1/4 tsp. cheesecake extract (optional)

Blend well in a Ninja chopper or blender. Spoon the mixture into a bowl.

Banana Sauce:

- 1 tsp. butter
- 2 Tbsp. Truvia Brown or Brown Swerve

Melt together and simmer. Cook it down as much as you like and then add:

- 1 banana, sliced into coins

Simmer to get the bananas softened and caramel-y.

Take off the heat and let cool a little. Then spoon over your cheesecake mix and...

enJOY!

