

Cheesecake Bars

Something sweet without the guilt!

Ingredients

Crust:

- 2 large eggs, beaten
- 1 cup almond flour
- 1/3 cup bulk sugar substitute
- 1 tsp baking powder

Filling:

- 16 oz light cream cheese, softened
- ½ cup bulk sugar substitute
- 1 Tbls vanilla extract
- 3 large eggs
- 1 Tbls no sugar added raspberry jam



Directions

1. Preheat oven to 350 degrees and spray 8x8 baking dish with cooking spray.
2. Combine all crust ingredients in large bowl. Pour into baking dish and spread evenly. Bake for 15 minutes or until lightly browned. Let cool for 5 minutes.
3. Beat first 3 filling ingredients until combined. Add eggs and continue mixing on medium until mixed and smooth. Remove 3 Tbls of filling into small bowl.
4. Add jam to small bowl of filling and mix well. Set aside. (I added a drop of coloring)
5. Pour filling over crust. Spoon small dollops of berry filling onto the top of cheesecake mixture. Run a knife through the dots to create a swirl or heart.
6. Bake for 30 minutes or until center is set.
7. Cool for 30 minutes and then refrigerate for 2 hours before cutting into 2" squares.

Makes 16 servings

Nutrition Facts:

Calories 140
Total Fat 6g
Effective Carbohydrates .7g
Protein 4g