Caramel Cashew Bars

THM–Friendly: S

Crumb Bottom:
- 1 cup almond flour
- 1 cup THM Baking Blend*
- 2 pinches of mineral salt
- 2 Tbsp. Joi Cashew Base*
- 2 tsp. THM Super Sweet

- water

Fluff:
- 1 egg white
- 1/8 tsp. cream of tartar
- 1/8 tsp. xanthan gum
- 1/4 tsp. butter extract
- 1 Tbsp. allulose
- 3 Tbsp. collagen
- 1/2 tsp. caramel extract
- 2 Tbsp. Joi Cashew Base

Caramel Sauce:
- 2 Tbsp. coconut oil or butter
- 1/4 cup allulose
- 1/4 tsp. mineral salt
- 2 Tbsp. half and half
 (use dairy free if needed)

- 1 and 1/4 cups cashews

Chocolate Topping:
- 3/4 cup chocolate chips (stevia-sweetened)
- 2 Tbsp. Joi Cashew Base
- 1 tsp. coconut oil

Mix all the Crumb Bottom ingredients in a food processor. Keep zinging until it comes together. If it is not coming together add 1 Tbsp. water at a time until it does. Plop in a pan (7x11" was used), Press it down to make a firm crumb base.

For the Fluff: In a bowl whisk together the egg white and cream of tartar to a soft peak. Then add xanthan gum, butter extract, and allulose. Mix that together, then slowly add the collagen. Set aside.

After this, you will make the Caramel Sauce by melting the coconut oil and allulose in a pan over the stove and cooking until you reach a light brown boil. Add half and half and whisk until you have a thick caramel sauce (you can test it by sticking a spoon in and it coats the spoon.) Then mix in the salt.

While the caramel sauce is cooking add cashews to a separate bowl.

When the Caramel Sauce is finished add the caramel extract and Joi cashew base **to the Fluff base**; mix that together with a hand mixer. Then, while mixing, slowly pour the Caramel Sauce into the Fluff base, mixing well.

Stir the cashews into the Caramel Fluff Mix. Quickly, spread this over the crumb crust bottom. (Work fast!)

Melt chocolate topping in a saucepan or very slowly in the microwave. Again, quickly spread that over the cashew bars and refrigerate for at least 1 hour.

enJOY!

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