

# No Bake Pumpkin Cheesecake Bars

THM-Friendly: S

## **Crust:**

- 1 and 1/2 cups almond flour
- 3 Tbsp. Brown Swerve (or 1 tsp. blackstrap molasses mixed with 3 Tbsp. THM Super Sweet)
- 1/2 tsp. pumpkin pie spice
- 8 Tbsp. unsalted butter, melted

## **Filling:**

- 24 oz. Neufchatel (light) cream cheese
- 1/2 cup THM Super Sweet
- 1 tsp. vanilla extract
- 1 cup heavy whipping cream (COLD)
- 1 tsp. gelatin
- 1 Tbsp. cold water
- 1 Tbsp. hot water
- 1/2 cup powdered sweetener (Swerve or THM Gentle Sweet)
- 1/2 cup pumpkin puree (not pumpkin pie filling)
- 1 tsp. pumpkin pie spice



## **Instructions:**

Spray a 9x9" pan. Combine your crust ingredients well. Set aside 1/2 cup of the crust mixture. Press the rest of the crust mixture evenly into the bottom of the pan.

Using a stand or hand mixer, cream your cream cheese on high speed until fluffy. Add in the Super Sweet and the vanilla and mix well.

In a small bowl, bloom your gelatin by adding the cold water to the gelatin and mixing. Let sit for two minutes. Add the hot water to dissolve the gelatin.

In a third bowl, place your powdered sweetener, bloomed gelatin, and heavy cream. Mix on high until stiff peaks form. Fold the whipped cream mixture into the cream cheese mixture with a spatula. Be gentle! You don't want to deflate it.

Put half of this mixture back into the (empty) whipped cream bowl. Add the pumpkin spice and pumpkin puree to that half and mix gently.

Spread the two fillings on top of the crust in the pan alternately. Swirl with a knife. Sprinkle with the remaining crust mixture. Cover tightly and refrigerate for at least two hours before serving.

enJOY!

