

# Lite Strawberry Cheesecake Bars

*This recipe makes about 2 cups*



## Ingredients

**8 oz** cream cheese, softened  
**1 cup** freeze dried fruit powder (or to taste)  
**8 oz** heavy cream  
**½ cup** powdered sweetener mixture  
**2 Tbsp** powdered sugar  
Dash vanilla, (optional)  
Dash salt, (optional)

**This recipe was contributed by Martha Rayon**

## Directions:

1. Gradually add water to the fruit powder, stirring until all the powder is evenly moistened and forms a thick paste. Set aside.
2. Prepare the sweetener mixture. I used a blend of allulose, monk fruit, inulin, and stevia, which resulted in excellent texture and taste.
3. Add 2 tablespoons of powdered sugar to the sweetener mixture for enhanced taste and final texture.
4. In a deep bowl, whip the heavy cream until stiff peaks form. Set aside.
5. Working quickly, whip the cream cheese and sweetener mixture together until light and fluffy.
6. Add the rehydrated fruit powder paste and continue whipping until well combined.
7. Gently fold in ⅓ of the whipped cream using a rubber spatula to lighten the mixture.
8. Carefully fold in the remaining whipped cream, ensuring a smooth and airy consistency.
9. Spoon the mixture onto a parchment-lined tray and use dividers to create 40 portions.
10. Pre-freeze when possible.
11. Freeze dry (my cycle time was 37 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. This is a freeze dried sweet treat!

## Notes:

If using a store-bought sweetener blend, Swerve and Lakanto work well for this recipe, or create your own:

- Start with the least sweet ingredients, such as allulose and Fiber Yum, using the largest portion.
- Add moderate sweetness ingredients, like inulin and monk fruit, in smaller amounts.
- Finish with tiny amounts of intensely sweet ingredients, such as stevia and erythritol.

## Nutritional Value Per 1 bar

Calories: 30 Protein: 0 g Fat: 2 g Carbohydrates: 2 g Sugar: g Fiber: 0.5 g

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