

Not just for holidays.

Pumpkin Cheesecake Bars are a favorite treat all year long!



CRUST

- 2 Tbsp [Monk Fruit Brown Sugar](#) (Or [Sukrin brown "sugar"](#))
- 3 Tbsp (42g) **salted grass-fed BUTTER**, melted or room temp. *(If using unsalted butter add 1/4 tsp salt)*
- 1/2 tsp. ground **Cinnamon** (Or use **pumpkin pie spice**)
- 1 cup (100g) **Almond flour**
- 1 Tbsp (8g) [Oat Fiber](#) *(Ok to substitute **coconut flour** if you must, but much healthier with oat fiber.)*

- Preheat the oven to 325 and line an 8"x8" (or equivalent volume) baking pan with parchment paper.
- In a bowl, combine the above crust ingredients and mix until a thick dough forms.
- Press evenly into the bottom of the baking pan and bake for 15-20 minutes.

FILLING

- 1 tsp. **Vanilla extract**
- 2.5 cups (460g) **Cream Cheese**, room temperature *(about two 8oz packages)*
- 2 Tablespoons **Truvia**, or [1/2 cup Lakanto Monk Fruit](#) or [Erythritol](#)
- 2 large **Eggs** (ideally organic and free-range)

- Combine the above 4 filling ingredients until well mixed. Remove half of this mixture and pour on top of the hot crust fresh out of the oven.
- To the remaining half of the filling mixture add the below ingredients and stir until completely combined.

- 1.5 tsp **pumpkin pie spice** *(Or 1/2 tsp. cinnamon + 1/4 tsp. ground ginger + 1/4 tsp. ground clove)*
- 1/4 cup (61g) **Canned Pumpkin** (NOT pumpkin "pie filling")
- 1/4 cup (60g) **Carrot puree** *(if you're ok with a slightly higher carb count, use pumpkin in place of this.)*

- Taking care not to mix the layers, pour the pumpkin layer on top of the plain cheesecake layer.

PECAN TOPPING

- 2 Tbsp (42g) **Salted grass-fed BUTTER** at room temp.
- 1/4 cup (45g) [Monk Fruit Brown Sugar](#)
- 1/2 tsp. ground **Cinnamon** or pumpkin pie spice
- 1/2 cup (50g) **Almond flour**
- 1/2 **tbps** [Oat Fiber](#) *(Ok to sub **coconut flour**.)*
- 1/4 cup (28g) [chopped pecans](#)

- Mix together the above 6 ingredients.
- Sprinkle topping evenly over filling.
- Bake for 50-minutes or until cheesecake has set.
- Allow to cool for an hour and then place in the fridge for at least 2 hours before serving.

