

## Sugar-Free Orange Creamsicle Bars

**Hands On Time:** 20 minutes

**Total Time:** 45 minutes, plus chilling

**Makes:** 12 bars

With a crisp crust and layers of silky vanilla and orange cream, these Orange Creamsicle Bars are such a lovely treat.



Forget needing a freezer and take a batch of these to your next gathering!

Enjoy!

### INGREDIENTS:

**Crust:**

- 1 ½ cups of almond flour
- ¼ cup of **Sukrin Bake**
- 3 ounces of butter, melted

**Vanilla Layer:**

- 8 ounces of cream cheese, at room temperature
- ¾ cup of **Sukrin Icing**
- 2 teaspoons of vanilla extract
- ½ cup of heavy cream

**Orange Cream Layer:**

- 1 packet of sugar-free orange jello
- ½ cup of boiling water
- ¼ cup of cold water
- 8 ounces of cream cheese, at room temperature
- 2 tablespoons of **Sukrin Icing**
- 1 cup of heavy cream

**METHOD:**

Pre-heat oven to 350°F, conventional and grease and line a 9 x 9-inch pan

Place the almond flour, Sukrin Bake, and melted butter together in a mixing bowl and mix until well combined.

Tip crust mixture into lined tin and press down firmly to form an even layer on the bottom.

Bake for 10-15 minutes until slightly golden.

Remove and let cool before chilling in the fridge.

Make the vanilla layer by beating the cream cheese, vanilla and Sukrin Icing together until soft and fluffy.

Add the cream and beat until you have a light, smooth mixture.

Spoon over the crust and then level the top.

Place in the fridge while you prepare the next layer.

Pour the jello into the boiling water and stir until completely dissolved.

Add the cold water and set aside to cool further.

Beat the cream cheese and Sukrin Icing together until fluffy and then slowly add the jello mixture.

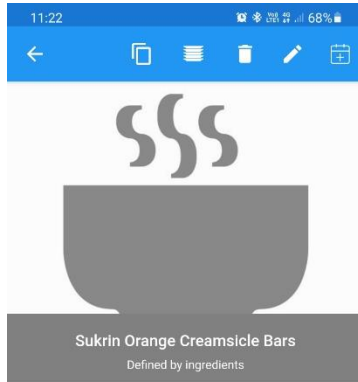
Finally, add the cream and mix until you have a smooth mixture.

Pour over the top of the vanilla layer and refrigerate until set – overnight is perfect.

Cut into 12 bars and serve.

**Store, well covered, in the fridge for up to five days.**

## NUTRITIONAL INFORMATION:



### Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
5.2 grams	6.3 grams	40.1 grams	401 kcal

Calories from carbs 5.1%, protein 6.2%, fat 88.6%.

- Total Carbs 6.5 grams • Fiber 1.2 grams • Sugars 4.1 grams
- Saturated Fat 21.1 grams • Sodium 136 mg(5.9 %RDA)
- Magnesium 40.1 mg(10 %RDA) • Potassium 173 mg(8.7 %EMR)

### Ingredients (makes 12 servings)

1 ½ cups of almond flour (blanched ground almonds, almond meal)	150 grams	<input type="checkbox"/>
¼ cup of Sukrin, 1, granulated sugar substitute	50 grams	<input type="checkbox"/>
3 fl oz of Butter, without salt	85.2 grams	<input type="checkbox"/>
16 fl oz of Cheese, cream	464 grams	<input type="checkbox"/>
1 cup of Sukrin Icing, powdered sugar substitute	160 grams	<input type="checkbox"/>
2 tsp of Vanilla extract, imitation, alcohol	8.4 grams	<input type="checkbox"/>
2 cup of Cream, fluid, heavy whipping	480 grams	<input type="checkbox"/>
1 1 container of Sugar Free Jello (Wegmans) (Wegmans)	99 grams	<input type="checkbox"/>
¾ cup of water, still	177.6 grams	<input type="checkbox"/>

Add all to Basket