

## STRAWBERRY SUNFLOWER BAR



	Ingredients	Exchanges
Protein	19.6 gm cream cheese, softened	1.0 (-6 gm fat)
	4.9 gm sunflower seeds, dried	1 (-1.5 gm fat)
	9 gm NOW Real Foods® almond flour	1.7 (-2.55 gm fat)
Fat	6 gm cocoa butter, melted	4 (-10.05 gm)
Carbohydrate	15.6 gm fresh chopped strawberries	1.3
Other	½ tsp. Da Vinci® sugar free strawberry syrup	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Melt the weighed cocoa butter using the microwave.
- Add all of the ingredients to the melted cocoa butter.
- In a square or rectangle shaped silicone mold, scoop the mixture dividing evenly.
- Freeze for 2 hours before serving.

### VARIATIONS

- A different protein such as macadamia nuts may be used in place of the sunflower seeds.
- Other berries or fruits can be added to this recipe.
- Almond flour can be omitted to yield a creamier texture.
- Butter can be used in place of cocoa butter for a softer texture.
- Mascarpone cheese can be used in place of cream cheese.