

No Moo Cheesecake-Stuffed Cookie Sammies (S)

Enjoy a fun dairy-free recipe of Stuffed Cookie Sammie's using the "No Moo Cheesecake" recipe for an incredibly delicious filling. This recipe is found in the "Crackers, Crusts, Toppings & More" Chapter of <u>Trim Healthy Table</u>, page 506.

Makes: Multiple Servings

INGREDIENTS:

- Beauty Blend Graham Crackers Recipe
 (Use the dough from one full recipe below)
- No Moo Cheesecake Recipe (Make one full recipe below)



DIRECTIONS:

- 1. Preheat the oven to 300°F. Line an extra-large baking sheet with parchment paper.
- 2. Make the dough and spread it on the baking sheet as directed but score the dough into shapes after spreading it out. Bake as directed.
- 3. Once cooled, break into scored shapes, stuff with the "cream cheese cheesecake recipe," and then freeze the cookie sandwiches. You can eat them frozen or, if you prefer, thawed in the fridge.

Beauty Blend Graham Crackers Recipe

INGREDIENTS:

- 1/2 cup TH Baking Blend
- 1 Tbs TH Just Gelatin
- 3 Tbs TH Integral Collagen
- 1tsp aluminum-free baking powder
- 3 pinches TH Mineral Salt
- 2 Tbs TH Gentle Sweet
- 2 Tbs butter (or coconut oil for a dairy-free option)
- ¾ cup egg white (s) (carton or fresh)
- 1tsp TH Natural Burst Vanilla Extract

DIRECTIONS:

- 1. Preheat the oven to 300°F. Line an extra-large 11½ x 17½-inch rimmed baking sheet with parchment paper or use 2 smaller baking sheets.
- 2. Put the Baking Blend, gelatin, collagen, and baking powder in a food processor and

- pulse to combine.
- 3. Pulse in the salt and Gentle Sweet. Add the butter and pulse a few times to coat with flour. Add the egg whites and vanilla and blend for another few seconds. Take the blade out of the processor and stir the ingredients well (or blend all in a bowl with a stick blender). Pour directly onto the baking sheet and spread out with the back of a spatula or with water-moistened fingers. Spread as thinly as possible to cover almost the entire sheet. Think very thin crackers (they rise a little). If using the 1 large baking sheet, leave only about ½ inch on all sides uncovered.
- 4. Bake for 20 minutes, then reduce the oven temperature to 170 degrees F and keep in the oven for another 2 to 3 hours. Turn the oven off and let cool in the oven. Once cooled, break into rustic-shaped crackers (or you can choose to score before baking into rectangular shapes). Store in a zippy bag to keep snappin' fresh (zippies in the freezer keep them their snappiest).

No Moo Cheesecake Recipe

INGREDIENTS:

- 6 oolong tea bag (s)
- 1¾ cup water (just off the boil water)
- 1 Tbs plus a ¼ tsp, plus 1/8 tsp TH Just Gelatin (be precise)
- ½ cup extra virgin coconut oil
- 1½ Tbs TH Integral Collagen
- 2 doonks sunflower lecithin (optional)
- 3 Tbs TH Gentle Sweet
- 1 Tbs <u>TH Super Sweet Blend</u> (if you don't have Super Sweet you may double the Gentle Sweet)
- 6 Tbs TH Baobab Boost Powder
- 10 pinches TH Mineral Salt
- 1½ tsp TH Natural Burst Vanilla Extract
- ¼ cup <u>TH Pristine Protein Powder</u> (omit for dairy-free; please note that the cheesecake will be denser.)
- 1 lemon (use the juice of 1 lemon)
- 1/2 tsp TH Natural Burst Butter Extract
- 1/8 tsp lemon extract (1/8 to 1/4 tsp; optional)

DIRECTIONS:

- 1. Place the tea bags in the boiled water and let brew for 5 minutes in an insulated coffee cup so it will stay hot (or cover a regular mug with a saucer).
- 2. Measure out 1½ cups plus 2 tablespoons of the tea and put in a blender. Add the gelatin and blend for a few seconds. Turn off the blender, add the coconut oil, and blend for a few seconds so it all melts nicely. Add the collagen, lecithin, sweeteners, baobab powder, salt, vanilla, whey protein, lemon juice, butter extract, and lemon extract (if using) to the blender and blend well on high.