

Chocolate Chip Cookie Bars – THM S

- 3/4 cup xes sweetener or THM gentle sweet
- 1/4 cup super sweet
- 1/2 tsp black strap molasses
- 2 sticks butter (softened)
- 3 eggs
- 2 tsp vanilla extract
- 1/2 tsp caramel extract (optional)
- 3/4 cup baking blend
- 1/4 cup oat fiber
- 2 scoops THM collagen (1/4 cup if you don't have THM scoop)
- 1 1/2 tsp baking powder
- 1/4 tsp mineral salt
- 1/4 tsp glucomannan
- 8 ounces THM chocolate chips (or other sugar-free chocolate chips)

1. Preheat oven to 375 degrees.
2. Cream together butter, sweeteners, and molasses.
3. Add eggs one at a time, mixing after each one.
4. Add vanilla and caramel extracts and mix thoroughly.

5. Add all dry ingredients except chocolate chips and mix thoroughly.
6. Stir in chocolate chips.
7. Spread batter in a greased 9×13 pan and bake for 25-30 minutes. (Begin checking at 20 minutes so that they do not overbake.)
8. Allow to cool before slicing.

For individual cookies, drop batter by spoonfuls onto a greased cookie sheet and bake for 8-10 minutes.

Original Recipe (No Special Ingredients):

- 3/4 cup THM brown sugar (if you don't have this already made up you can just use 3/4 cup erythritol or xylitol and add 1/2 tsp molasses and 1/8 tsp maple or butterscotch extract to your recipe. For the recipe to make brown sugar to have on hand please visit Gwen's Nest.)
- 1-2 tsp pure stevia extract (Like THM brand. Your batter should be sweeter than you think the finished product should be because the sweetness will lessen when you bake them.)
- 2 sticks butter (softened, can be partially melted if making bars)
- 3 eggs
- 2 tsp vanilla extract
- 1/2 tsp caramel extract

- 1/2 cup almond flour
- 3/4 cup oat fiber
- 1/4 c whey protein powder
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 tsp glucomannan
- 8-12 oz sugar-free chocolate chips OR chopped skinny chocolate OR chopped 85% dark chocolate bar