STRAWBERRY POPTART COOKIE BARS
Keto - Low Carb - Sugar Free - Macro Friendly

**Recipe by Deedee (@ketowithdeedee)
and featured on MariGoldBars.com**

"These turned out sooo good and definitely give some strawberry poptart vibes! Even the kids & my regular sugar eaters loved them." - Deedee

INGREDIENTS:

- 1 3/4 C Almond flour
- 1/2 C MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 TSP Baking powder
- 1/2 TSP Salt
- 4 TBSP Melted butter
- 2 TBSP Almond Milk
- 2 TBSP Granulated sweetener (ie. allulose)
- 1 TBSP Vanilla extract

Filling:

- 1/2 C Homemade or sugar free strawberry jelly (I use @good-goodbrand strawberry jelly)

Glaze:

- 2 TBSP Butter
- 1/2 C Powdered sweetener (you can grind your own or purchase - ie. allulose)
- 2 TBSP Heavy cream
- 1 dropper strawberry or vanilla flavoring (I use @oooflavors Frosted Pop Pastry Flavoring)

DIRECTIONS:

1. To make the bars, mix all bar ingredients together until you have a dough. Using an 8x8 parchment lined pan, press half the dough into the pan.

2. Spread your strawberry jelly on top and place in the freezer for 30 minutes. Remove from freezer and top with remaining dough.

3. Bake at 350 for 10-14 minutes until dough is set. Let cool and then mix you glaze ingredients and spread over the top.

4. Optional, add sprinkles to the top! Cut and enjoy!

**Featuring MariGold
Creamy Vanilla Whey Isolate Protein Powder
(MariGoldBars.com)**