



trim healthymama™  
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## Trim Twixters (S)

*This recipe is going to take many back to their childhood. This “mouth-watering”, “drool-inducing” candy bar has a delicious cookie crust, caramel center, and chocolate fudge topping. Are you wondering if we’re taking you “off-plan” for this ooey-gooey treat? No way, Mama! By taking these yummy treats with you to Fall festivals, school parties, church fellowships, and family functions... you’ll be able to say “no” when those pound-inducing, sweet temptations pass your way! You can “TRIM” the holidays healthy this year and get your slim on while enjoying “Trim Twixters” - a healthy candy bar that is so rich that you’ll find a small piece to be quite satisfying.*

Serving Size: 9 to 12 bars

### **INGREDIENTS:**

#### **For the Crust...**

- 1 cup THM Baking Blend
- 3 Tbsp THM Gentle Sweet (or 1 & 1/2 Tbsp THM Super Sweet Blend)
- 1/2 tsp aluminum-free baking powder
- 1/4 tsp mineral salt
- 5 Tbsp butter
- 1 tsp vanilla extract

#### **For the Caramel Center...**

- 3 Tbsp butter
- 3 Tbsp THM Gentle Sweet
- 1 tsp blackstrap molasses
- 1/4 tsp mineral salt
- 3 Tbsp heavy cream
- 1/4 tsp xanthan gum (\*see important note below)
- 1/2 tsp caramel extract (optional)
- 1 to 2 handfuls of nuts (nuts of choice; optional)

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### **For the Chocolate Fudge Topping...**

- 2 oz unsweetened baking chocolate
- 1/4 cup butter
- 3 to 4 Tbsp THM Gentle Sweet (or, 1 & 1/2 to 2 & 1/2 Tbsp THM Super Sweet Blend)
- 3 Tbsp heavy cream
- 1/8 tsp mineral salt
- 1 tsp vanilla extract

### **INSTRUCTIONS:**

#### **(3-Part Overview)...**

1. Make the Trim Twixter crust and allow to cool.
2. Make the Caramel Sauce and allow to cool slightly - you'll want it be still fluid enough to pour. Layer the caramel onto the top of the crust and spread out evenly. At this point you get to decide... (because, "Sometimes you feel like a nut... and sometimes you don't!"), if you want to add some chopped peanuts, pecans, or other nuts to your bars. If you decide you do - sprinkle them over the caramel and gently press them down into the layer.
3. Before your Chocolate Fudge Topping has cooled to the point of being set, gently pour or spoon it over your caramel layer. Place in the fridge and allow everything to set. Before serving, cut into 9 or 12 small bars.

#### **Trim Twixter Crust...**

1. Pre-heat oven to 350.
2. Into a food processor, add all your dry ingredients.
3. Slice butter into 1 Tbsp pieces and then add to the processor.
4. Pulse, until well blended.
5. Add vanilla and pulse some more. Mixture should still be dry and crumbly, but able to stick loosely together when pressed.

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6. Pour into an 8x8 baking dish and press firmly into the bottom to form a crust.
7. Bake at 350 for 15 minutes.
8. Remove from oven and allow to cool completely. You can place it in the freezer, if you are in a hurry.

### **Caramel Center...**

1. In a saucepan, add butter, Gentle Sweet and molasses. Heat until bubbly - allow to bubble for about 2 minutes, whisking constantly.
2. Remove from heat and add salt, heavy cream, and extract. Whisking constantly, as it will bubble up initially.
3. Gently and evenly sprinkle in the xanthan gum while continuing to stir.
4. Allow to cool, continuing to whisk occasionally so that it doesn't form a crust on the top. It will thicken as it cools.

### **RECIPE NOTE CONCERNING XANTHAN GUM:**

*\*Concerning substituting glucomannan (glucic) for the xanthan gum...*

If you are making the bars and want them to set, the xanthan gum is a must. If you only want to make a pourable caramel sauce, then you can substitute it for glucic and have a nice pourable consistency. You could make the bars without the caramel layer and then pour the softer caramel on top and serve it with a spoon. It will still taste great.

### **Chocolate Fudge Topping...**

1. In a saucepan, melt butter, unsweetened chocolate squares and Gentle Sweet (or Super Sweet Blend). Once completely melted and starting to bubble, remove from heat and add the salt and vanilla.
2. Add heavy cream and whisk well. If left to cool on its own, the oils have a tendency to separate so we like to keep mixing it as it cools.

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3. Pour warm mixture into a bowl. Set that bowl into a larger bowl filled with ice.
4. Using a hand-held mixer, give it a good whirl every few minutes until it has cooled. It shouldn't take too long. Or, you can put the bowl in the fridge and just pull it out to blend every few minutes. Beating it as it cools will leave you with a fluffy, creamy chocolate fudge that will set beautifully.



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The [Trim Twixters](https://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](https://www.TrimHealthyMembership.com).