

## Four-Layer Dessert - sugar-free

You can find two other recipes for Four-Layer Dessert by going to my blog ([www.tammycirceo.com](http://www.tammycirceo.com)), click on the Recipes tab, scroll down to Desserts, and 4-layer Dessert is the first one listed.

For best time management, make the pudding first and put it in the refrigerator to chill. About an hour before you are going to assemble the dessert, put the cream cheese out to soften, and make the crust. After the crust cools, you can easily put all the layers together.

**For the first layer:** Mix 1 ½ cup oat flour, ½-1 cup of pecans (or nuts of your choice), ¾ cups butter. Spread in a 9x13 pan. Bake at 350°F for 15 minutes. (To make your own oat flour, simply put oats in the bowl of the food processor and whir until you have a powdery flour.)

**For the second layer:** Whip 2 cups heavy whipping cream with 2 Tablespoons of Truvia or ¼ teaspoon of Stevia powder. Mix 8 ounces cream cheese (softened), 1 teaspoon of Stevia powder, and 1 cup of the whipped cream. Reserve the rest in the refrigerator for the fourth layer.

**For the third layer:**

- ¼ cup arrowroot powder
- ¼ teaspoon salt
- 2 cups unsweetened coconut milk
- 1 cup heavy cream or half-in-half
- 4 egg yolks, slightly beaten
- 1 Tablespoon butter, softened
- ½ teaspoon vanilla extract + the seeds from one vanilla bean (optional, but yummy!) If you don't use the seeds, add another ½ teaspoon of vanilla extract
- ½ - 1 teaspoon Stevia powder (or Vanilla Crème Sweet Drops™)

Stir arrowroot powder and salt together in a sauce pan. On medium heat, whisk in almond milk, cream (or half-in-half), and egg yolks. Continue to cook, stirring constantly until mixture thickens and comes to a boil.

Boil 1 minute and remove from heat. Stir in butter, vanilla bean and extract, and Stevia. Adjust sweetness as needed.

Pour pudding into a bowl, place plastic wrap directly on the surface of the pudding, and refrigerate for at least 4 hours. Spread gently over the cream cheese layer.

**For the fourth layer:** Spread the remaining whipped cream on top.

Keep chilled till serving.