



## CRANBERRY BLISS BARS

By Dr. Cindy Tanzar  
(Special Occasions)

These decadent Cranberry Bliss Bars offer a festive burst of citrus and tart cranberries layered with a rich, lemony cream cheese frosting. Perfect for the holidays or a special treat during maintenance, they're a low-carb spin on the beloved coffee shop classic—without the sugar crash. The almond and coconut flour base adds a satisfying, cake-like texture, while the white chocolate and orange extract bring cozy, indulgent flavor.

Makes 16 bars.



### INGREDIENTS

6 Tbsp Kerry Gold butter, softened  
1/3 cup + 2 Tbsp Swerve Granular 1 tsp. molasses (optional)  
Pinch of pink Himalayan salt  
2 pastured eggs  
1 tsp. pure vanilla extract  
1/2 tsp. pure orange extract



1/2 cup almond flour  
1/4 cup coconut flour  
1 tsp. baking powder  
1/4 tsp. ground ginger  
1 cup + 2 Tbsp fresh cranberries, small chopped (tossed with 2-1/2 Tbsp Swerve granular)  
1/2 cup Lily's white chocolate chips

**Frosting:**

8 oz cream cheese, softened  
1/2 cup Kerry Gold butter (1 stick), softened  
2/3 cup Swerve Confectioners  
Zest of one lemon, grated  
1/2 lemon, juiced (or more to taste)  
3 Tbsp heavy cream (or more to make of spreadable consistency)

**DIRECTIONS**

Preheat the oven to 350°F. Grease an 8x8 pan (parchment paper on bottom helps).

Cream together butter and swerve. Add molasses, salt, eggs, vanilla and orange extracts and beat together.

In a large bowl, mix the almond flour, coconut flour, baking powder and ginger. Add in wet ingredients and mix well.

Fold in 1 cup of chopped cranberries and white chocolate chips. Spread into pan and bake 25-30 minutes until inserted toothpick is clean. Do not overbake. Cool.

**For frosting:**

Beat cream cheese and butter until smooth. Add Swerve, zest and lemon juice, mixing well. Mix in heavy cream until smooth enough to spread.

Spread frosting on cake and sprinkle with 2 Tbsp chopped cranberries. Can sprinkle with white chocolate chips.