



# Strawberry “Pretzel” Salad

## PREP TIME

20 min

## TOTAL TIME

40 min

## Nutrition Information Per Serving

Makes 24 servings

### FAT

22g

### PROTEIN

4g

### CARBS

6g

### CALORIES

230

*Note: Nutrition information based on Xylitol, nutrition may vary based on sweetener of choice*

## Ingredients

### For the Crust:

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1½ cups pecans, chopped

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1½ cups almond flour

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1 tsp salt (or a little more depending on your preference)

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2 tsp Xylitol or Swerve

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1 stick salted butter, melted

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### **For the Cream Cheese Layer:**

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16 oz cream cheese, softened

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1 cup heavy whipping cream

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1 tsp vanilla extract

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2 tsp Xylitol, Swerve, or Virta-friendly sweetener of your choice

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### **For the Strawberry Gelatin Layer:**

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1 large or 2 small boxes of sugar-free strawberry gelatin

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2 cups boiling water + 1 cup cold water

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1 small bag (14 oz) of frozen sliced strawberries

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## **Instructions**

### **For the Crust:**

1. Preheat the oven to 350° F.
2. Mix together all ingredients and spread into a 9×13 baking dish.
3. Bake for 15-20 minutes until the crust has a nice brown color around the edges.
4. Remove from oven and set aside.

### **For the Cream Cheese Layer:**

1. Blend all ingredients together thoroughly.

2. Spread cream cheese mixture over the nut crust, making sure to spread it completely to the edges.
3. Set aside.

### **For the Strawberry Gelatin Layer:**

1. Make strawberry gelatin using 2 cups of boiling water.
2. Add sliced, frozen strawberries to the hot gelatin.
3. Add 1 cup cold water to make 3 cups of liquid total.
4. Pour the gelatin mixture over the cream cheese layer.
5. Chill in refrigerator until set.

#### **Pro Tip:**

- Pecan and almond crust makes this recipe low carb and delicious!
- If you can't find sliced frozen strawberries then just thaw the whole berries in the microwave for a minute or so. This will make them easy to slice. They should still be frosty.