



SUGAR-FREE CHEESECAKE DESSERT TACOS

Using MariGold Allulose!

Sugar-Free / High Protein / Healthier Option

Recipe by Debbie (@deb.makes.lowcarb.delish)
and featured on MariGoldFoods.com

INGREDIENTS:

- 1 tortilla (9" round)
- 1 Tbsp cinnamon
- 1/3 cup MariGold Allulose
- Melted butter (for brushing on tortillas)
- 3 3/4" round cookie cutter

Cheesecake Filling:

- 8 oz block of cream cheese
- 2 scoops MariGold Creamy Vanilla Whey Isolate Protein Powder
- 12 oz sugar-free whipped topping

Berry Topping:

- 1 cup of berries (this recipe used strawberries and blueberries)
- 1/4 cup MariGold Allulose

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Add cinnamon and 1/3 cup Allulose to a shallow dish. Stir to combine.
3. Using a 3 3/4 inch circle cookie cutter, cut out 3 circles per 9-inch tortilla shell. (3 tortillas)
4. Using a brush, lightly coat each shell with melted butter (both sides). Lightly sprinkle cinnamon mixture on both sides.
5. Fold the shell in half and form a seam in the middle. Flip a cupcake pan upside down and stagger the shells between the cups. Place in the preheated oven and bake for 10 minutes until the edges are brown and stiff.
6. Remove from the oven and leave to cool in the cupcake pans.
7. **Make Cheesecake Filling:** Add cream cheese to a large mixing bowl. Mix in MariGold Creamy Vanilla Protein until creamy. Fold in sugar-free whipped topping.
8. **Make Berry Topping:** Add berries and 1/4 cup MariGold Allulose to a sauce pan. Heat until juicy. Remove and let cool.
9. **Assemble Dessert Tacos:** Pipe or spoon the cheesecake filling into the cooled taco shells. Spoon the berry topping on the cheesecake tacos. Serve immediately.



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder &
MariGold Allulose
(MariGoldFoods.com)

