

Makeover Monday ~ Sarah's S'mores Pie

It is Monday, so it is time for another recipe makeover. I love to take favorite recipes and make them THM friendly. One of the biggest hurdles people have to overcome is thinking that healthy eating means never having their favorite foods again. The truth is that you can make a healthy version of almost any meal. And most meals don't require that much work to re-make!

This recipe is a little different than most of my Makeover Monday recipes. First, it is not a makeover of a traditional "off-plan" recipe, second it was not made by me! My daughter Sarah has been begging me to make something "S'mores" for forever! However, she got tired of waiting on me and took matters into her own hands! The result was absolutely delicious! She did gather her inspiration from other THM and blogger recipes (Mostess Cupcakes, Transformer Brownies, Simple Simon Peanut Pressed Crust and a S'mores Frappe) and she did "make them over" into something totally new, so I figure it still works for Makeover Monday!

This is a delicious and decadent dessert! It is best made a day ahead because the sweetness mellows overnight. If you try to have it the same day it may seem too sweet to you.

You Will Need:

- [Peanut Flour](#)

- THM [baking blend](#)
- Water
- Butter
- [Super Sweet](#)
- Natural Peanut Butter
- Cinnamon
- Baking Chocolate
- [Yes sweetener](#) or [gentle sweet](#)
- [Chocolate Extract](#) (optional)
- [Mineral salt](#)
- Half and Half
- [Stevia](#)
- Eggs
- [Just Gelatin](#)
- Heavy Cream

Sarah's S'mores Pie



Rich, decadent, chocolate pie! Need I say more?

The crust/topping:

- 1 cup peanut flour
- 1 cup baking blend
- 3/4 cup water
- 6 tablespoon butter (melted)

- 4 tsp super sweet
- 2 tablespoons natural peanut butter
- 1 1/2 tsp Cinnamon

The chocolate filling:

- 1 stick butter
- 3 ounces baking chocolate
- 1 cup gentle sweet (between 3/4c and 1c)
- 1 tsp chocolate extract (optional)
- 4 pinches mineral salt
- 1/4 cup half and half
- 2 doonks stevia
- 1/4 cup baking blend
- 2 eggs

The "marshmallows":

- 1 1/4 teaspoon just gelatin
- 1/3 cup of warm water
- 3/4 cup of heavy cream
- 1/2 tablespoon of gentle sweet

For the Crust/Topping

1. Blend all crust ingredients in a bowl with hand mixer, mixture should be moist and blended well, but it will be clumpy, this is desired.
2. Put half of the crust into the bottom of a round, 9 in pan. (be sure to spray with coconut oil first) set aside extra crust for a little later. Put pie pan in the freezer to chill.

For Chocolate Filling

1. Melt the chocolate and butter together over med/high heat on the stove. Stirring as it melts. (Using a double boiler will help prevent burning. Watch closely if not

using a double boiler.)

2. Once melted turn off the heat and add the remaining chocolate filling ingredients, whisking as you go.
3. Once whisked together, pull out the pie pan and pour chocolate mixture on top of the crust, then return the pie pan to the fridge.



4. Preheat oven to 350°

For the "Marshmallows"

1. In a small bowl, whisk together the just gelatin and warm water.
2. With a hand mixer, in a chilled bowl beat the heavy cream and gelatin mixture until it grows in size and starts to thicken, but stop before peaks start to form and you have whipped cream.
3. Take out the pie pan from the fridge and pour half of the whipped cream into the middle of the pie, then swirl the chocolate and marshmallow together, being careful not to break up the crust underneath.



4. If desired take your extra crust and sprinkle around the

edges of the pie, or however you would like to decorate. (I had plenty of leftovers after this that could be sprinkled over pieces of the pie or eat with a snack later.)



5. Cook pie for 20 minutes.
6. Now, taking your leftover “marshmallow” mixture, add the gentle sweet and blend until you have whipped cream for topping your slice of pie.
7. Top each slice of pie with some of your “marshmallow” whipped cream, extra crust sprinkles and sugar free chocolate sauce if desired. This is a very rich dessert. It is best made the day before as it tastes overly sweet the first day, but perfect on the second! (store extra crust and whipped cream in fridge until ready)



Sarah found inspiration for this recipe from several of her favorite recipes: Mostess Cupcakes, Transformer Brownies, Simple Simon Peanut Pressed Crust and a S’mores Frappe. She had these flavors and ideas rolling around in her head for weeks and I was happy to test her recipe for her!

Do you have a favorite recipe you would like me to THM'ify?
Comment below and I will see what I can do!

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