



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Eliminate the Carbs *Caramel Cheesecake Bites*

1.8g NET Carbs (Low Carb Keto)

This is Low Carb Keto Caramel Cheesecake Bites. Absolutely Delicious with a rich sweet taste. Its as good as any cheesecake dessert. Feel free to use a 7"x7" dish with the cheesecake on the bottom and Chocolate Icing on top. Also use other Skinny Syrups for different flavor Cheesecake Bites. Enjoy!



Serving Size: 1

Amount Per Serving: Calories: 75kcal | Carbs: 2.8g
| Protein: 1g | Fat: 7g | Fiber: 1g | Net Carbs
1.8g

INGREDIENTS

½ cup Jordans Skinny Salted Caramel Syrup
1 tbsp lemon juice
8oz Cream Cheese Soften
1 cup Heavy Whipping Cream

Chocolate Icing

¼ cup Lillys Chocolate Chips
¼ cup Heavy Whipping Cream
1 tbsp Monkfruit

Instructions:

1. Mix Jordans Skinny Salted Caramel Syrup, lemon juice and Cream Cheese (Softened) with hand mixer until well blended.
2. In another bowl Whip Heavy Whipping Cream with hand mixer until it stands up on a spoon (very thick)
3. Now fold both mixtures together until well blended.
4. Place in Fat Bomb Molds or Small Cupcake papers or use a cookie Scoop 1" in diameter on parchment paper and freeze for 2hrs or overnight for best results.

Chocolate Icing

You can just melt Lillys Chocolate chips and fully dip each cheesecake bite and place on parchment paper and refreeze.

OR

1. Melt ¼ cup Lillys chocolate chips with ¼ cup of heavy whipping cream and 1 tbsp monkfruit.
2. Use hand mixture until a very thick icing is formed.
3. Add icing to the top of each cheesecake bite
4. Place in refrigerator until it sets then place in containers (parchment between layers) Freezer.