



Healthy Keto with Jim Colbourne

Chocolate Cheese Cake (Mini)

4g NET Carbs (Low Carb Keto)

Cheesecake is a favorite dessert for most people and a little goes a long way as its very rich and sweet. It's a dessert that's definitely looked at as a No No when it comes to dieting. How can a cheesecake become a safe food for maintaining or losing weight? It's simple, replace the high carb ingredients with low carb ingredients. We replaced the sugars with MonkFruit sweetener and for the base we used Almond Flour. If you're a person that's not crazy about Almond Flour that's okay, we added coconut to the flour so we can have a delicious taste to the base. For this recipe I decided to make individual cheesecake so it would be easier when you're having a

Ingredients

Cheesecake Base

2 ounces of Unsalted Butter
1/3 cup Lily's Sugar-Free Chocolate
1/3 cup Almond Flour
1/3 cup Unsweetened Coconut, shredded
1 tps Monkfruit Sweetener

Links of Ingredients can be found in the description of Video

Macros may change depending on Brand of Ingredients



Total 12 - 1 serving = | Calories: 373kcal | Carbs: 9g | Protein: 6g | Fat: 32g | Sodium: 79mg | Fiber: 5g | Sugar: 2g | Iron: 1.8mg

craving for sweets and sugars to grab one any time you desire. This recipe is full of delicious chocolate, rich with cream cheese and sweet with MonkFruit. It's everything you want in a dessert and more because there's no guilt after eating a serving. What better dessert to have than a Rich Chocolate Cheesecake.

Cheesecake Filling

3/4 cup Lily's Sugar-Free Chocolate
225g/8 ounces of Cream Cheese (Softened)
1/3 cup Monkfruit Sweetener
2 tbsp Vanilla Extract
2 tbsp Unsweetened Cocoa Powder
1/2 cup Heavy Whipping Cream

Instructions:

1. Add all Base ingredients to a bowl and blend. Place the base mixture into 12 baking cups using equal amounts. Press evenly and let set while making the cream cheese filling.
2. Add all Filling ingredients into a clean bowl. Try to blend the cream cheese before using a mixer. Once cream cheese is blended with all other ingredients then use hand mixer. (Watch video to see the consistency you need.)
3. Now place the filling evenly into each baking cup. Refrigerate for 6-8hrs before serving. Enjoy.

*Note- when frozen please allow 15-20mins so the wrapper will be easier to remove from the cheesecake.

