

BetterBody Foods

Keto Cheesecake (Low Carb & Gluten-Free)

Prep: 10 min Cook: 50 min Total: 1 hr Servings: 10

Calories: 330 Fat: 28g Protein: 7g Carbs: 10g Fiber: 5g

Ingredients

For the crust:

- 1 1/4 cups BBF Organic Coconut Flour
- 1/4 tsp cinnamon
- 1/2 cup melted butter
- 1 Tbsp BBF Allulose Sweetener Blend

For the cheesecake filling:

- 16 oz cream cheese
- 1/2 cup sour cream
- 1 cup BBF Allulose Sweetener Blend
- 3 eggs
- 2 tsp vanilla
- 1/4 tsp salt

Directions

1. Preheat the oven to 325 degreesF.
2. In a large skillet over medium heat, toast the coconut flour for 5-10 minutes, stirring frequently, until lightly golden and fragrant.
3. In a medium bowl, combine the toasted coconut flour, cinnamon, and Allulose. Add the melted butter and water, then mix until the mixture resembles wet sand.
4. Press the crust mixture firmly into the bottom of a 9-inch nonstick springform pan using your hands or the bottom of a flat measuring cup. Set aside.
5. In a blender, combine all of the cheesecake filling ingredients. Blend on high until completely smooth and well incorporated.
6. Pour the filling over the prepared crust and smooth the top with a spatula.
7. Bake for 50-60 minutes, or until the cheesecake is set around the edges and the center has only a slight jiggle when gently shaken. The top should appear set, not wet.
8. Remove from the oven and let cool at room temperature for 30 minutes.

9. Refrigerate for 3-4 hours, or until fully chilled and set.
10. Serve with fresh berries and whipped cream, if desired.
11. Enjoy your Sugar-Free Low-Carb Cheesecake with Allulose!