AMERICAN · DESSERT · SNACK

Keto Mini Cheesecake Bites with Almond Crust

30 min · plus 3 hours chilling · Makes 12 × 1 mini cheesecake · 185 kcal a portion

Video 3:58 · Low Carb Recipes with Jennifer

Vegetarian · Gluten-free ingredients

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Almond-flour crust and a cream cheese filling sweetened with a zero-sugar sweetener: each mini cheesecake has about 2 g net carbs and no added sugar.

Diet notes: Keto (2 g net carbs a serve).

Ingredients

10 · MAKES 12 × 1 MINI CHEESECAKE

- [ ] 130 g **almond flour**
- [ ] 3 tbsp **granular sweetener**
- [ ] a pinch of **salt**
- [ ] 5 tbsp **butter**, melted
- [ ] **oil spray**, for the muffin tin
- [ ] 227 g **cream cheese**, at room temperature
- [ ] 1 large **egg**, at room temperature
- [ ] 60 g **sour cream**, at room temperature
- [ ] 50 g **powdered sweetener**
- [ ] 1 tsp **vanilla extract**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C and spray or line a 2.8 L muffin tin. Stir the almond flour, granular sweetener, a pinch of salt and the melted butter together for the crust. 0:37
2. Divide the crust mixture evenly between the cups and press it into the bottoms with your fingers. 1:04
3. For the filling, beat the very soft cream cheese, egg, sour cream, powdered sweetener and vanilla with a hand mixer until smooth. 1:36
4. Spoon about 2 tbsp of filling into each cup over the crust and bake for 18–20 minutes. 2:26
5. Let them cool, then chill for at least 3 hours to set (or use the freezer to speed it up). Peel off the liners to serve. 3:00

> **Tip** They keep well in the freezer, so you can take one out whenever you want a sweet treat.

The method is a summary in our words — the video shows every step.

One portion (1 mini cheesecake) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
185 kcal	4.1 g	3.3 g	1.3 g	18 g	80 mg
770 kJ	8% of a day	2 g net · 1.3 g sugars	5% of a day	7.6 g saturated	4% of a day
		1% of a day		23% of a day	

Energy from net carbs 4% · protein 9% · fat 87% — fits keto: 2 g net carbs, 87% of the energy from fat

High in (20%+ of a day) Vitamin E 20%

Source of (10–19%) Vitamin A 12%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=uNOJle8qVQA, published 18 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-mini-cheesecake-bites