AMERICAN · DESSERT

Keto Pumpkin Cheesecake with Almond Flour Crust

50 min · plus 2 hours to overnight chilling · Makes 10 × 1 slice (1/10 cake) · 315 kcal a portion

Video 10:16 · Low Carb Love

Vegetarian · Gluten-free ingredients

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Pumpkin, cream cheese and an almond-flour crust sweetened with monk fruit: about 4 g net carbs a slice and no added sugar, so it's a blood-sugar-friendly autumn dessert.

Diet notes: Keto (4 g net carbs a serve).

Ingredients

12 · MAKES 10 × 1 SLICE (1/10 CAKE)

- [ ] 100 g **almond flour**
- [ ] 2 tbsp **powdered monk fruit sweetener** (for the crust)
- [ ] ½ tsp **pumpkin pie spice** (for the crust)
- [ ] 4 tbsp **butter**, melted
- [ ] 450 g (2 blocks) **cream cheese**, completely softened
- [ ] 120 g **pumpkin purée** (not pumpkin pie mix)
- [ ] 120 ml **confectioners monk fruit sweetener** (or 160 ml allulose)
- [ ] 2 **eggs**, at room temperature
- [ ] ½ tsp **ground cinnamon**
- [ ] 1 tsp **pumpkin pie spice** (for the filling)
- [ ] a dash of **salt** (optional)
- [ ] **whipped cream**, to serve (optional)

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 line a 23 cm springform pan with baking paper. Mix the almond flour, 2 tbsp sweetener and ½ tsp pumpkin pie spice, then stir in the melted butter. 0:41
2. Press the crust over the base of the pan and bake for 7–8 minutes, just until lightly browned. 1:29
3. For the filling, mix the softened cream cheese, pumpkin purée, sweetener, pumpkin pie spice, cinnamon and salt with a fork or hand mixer, then mix in the eggs until smooth. Taste and add a little more sweetener if you like. 2:26
4. Pour the filling over the crust, scrape the bowl, and bake for 25–30 minutes until just set. 5:40
5. Cool on the bench, then chill for a few hours or overnight. Slice and top with a little whipped cream. 6:32

> **Tip** The cook halves the recipe for a 15 cm pan. A small crack is normal; baking in a water bath prevents it. She also drizzles homemade keto condensed milk on top.

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

One portion, 1 slice (1/10 cake), gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
315 kcal	6.7 g	5.7 g	1.7 g	30 g	180 mg
1,320 kJ	13% of a day	4 g net · 2.8 g sugars	6% of a day	15 g saturated	8% of a day
		2% of a day		39% of a day	

Energy from net carbs 5% · protein 9% · fat 86% — fits keto: 4 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin A 38% · Vitamin E 23%

Source of (10–19%) Selenium 14% · Omega-3 12% · Vitamin B12 10%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=Myuj8c4ZJO8, published 2 October 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-pumpkin-cheesecake-almond-crust