

Low-Carb Cheesecake



Serves 16

Ingredients:

For the crust:

- 1 cup almond meal
- 2 tablespoon melted butter
- 2 tablespoons low-carb sweetener

For the cheesecake filling:

- 3 (8 ounce) packages cream cheese (room temperature)
- 4 eggs (room temperature)

- 1 and $\frac{1}{2}$ teaspoons vanilla
- 1 and $\frac{1}{2}$ teaspoons lemon juice
- 1 and $\frac{1}{3}$ cups low-carb sweetener
- $\frac{1}{4}$ cup sour cream

Instructions:

1. Pre-heat oven to 375°F.
2. Combine ingredients for crust, and press into the bottom of a springform pan.
3. Bake for 8 to 10 minutes, until fragrant and beginning to brown.
4. Raise oven heat to 400°F.
5. Put cream cheese in mixing bowl, and beat until fluffy.
6. Add remaining ingredients, scraping the bowl and beaters each time, fully incorporating each ingredient into the mixture.
7. When all ingredients are combined, scrape one more time, beat one more minute, and pour mixture into pan over crust.
8. After putting the cheesecake in the oven at 400°F, turn the oven down to 200°F. Bake for 60 to 90 minutes, checking often after an hour. When the cake is firm to touch but slightly soft in the center, or the center reaches 155°F, remove from oven.
9. Chill completely. Top with fruit, if desired.

Nutrition per serving: Calories 192; Total Fat 16.4 g; Saturated Fat 8.0 g; Monounsaturated Fat 0.6 g; Polyunsaturated Fat: 0.1 g; Total Carbohydrates 4.4 g; Dietary Fiber 0.8 g; Sugar Alcohols 1.9 g; Sugars 1.7 g; Protein 6.3 g; Sodium 196 mg