

Death by Chocolate Cheesecake

This was a random invention based on what I had in my fridge and honestly, the best cheesecake I've ever eaten! But I'm biased, so try it for yourself! When you see the ingredients you are probably going to think "holy calories!" But this recipe divided easily into ten servings, it works out to 4.8g of carbs per serving and 380 calories. Easy to fit into your macros for a special occasion, or you know, a Monday.



Ingredients:

For the crust

- 5 squares (50g) of 90% Lindt Dark Chocolate
- 7 tbsp. (100g) butter + 1 tbsp. butter (softened)
- 1 tbsp. unsweetened cocoa powder
- 1/2 cup pecan flour
- 1/2 cup coconut flour
- 1/2 tsp vanilla powder (or extract)
- 3 tbsp. powdered erythritol

For the filling

- 1 cup (250g) cream cheese (softened)
- 1/2 cup heavy cream
- 1/2 cup sour cream
- 3/4 cup powdered erythritol
- 1/2 tsp vanilla
- 4 squares (40g) 90% Lindt Dark Chocolate - keep the last square for later.

Preheat the oven to 180C/350F

Making the crust:

1. Mix the Lindt (50g) and the butter in a frying pan on low heat. Stir until they are completely melted and combined.
2. Mix the dry ingredients together in a separate bowl. Add your butter mixture into the dry ingredients and mix well. The consistency is almost like biscuit crumbs.
3. Grease your non-stick cake/tart pan with the extra tablespoon of butter.
4. Press your crust mixture firmly into the pan. Spread the mixture out as evenly as you can.
5. Once you have your crust formed, place it in the preheated oven for 8 minutes. Remove from the oven when done and let it cool. This step just melts the butter in the mixture again and it solidifies in shape.

Making the filling:

1. Melt the Lindt (40g) and the sour cream in the pan you used for the crust. Mix well.
2. In a separate bowl, combine the cream cheese, erythritol, heavy cream and vanilla. Add in the sour cream and chocolate mixture. Whip with an electric mixer until the ingredients are completely combined.
3. Spoon the mixture into the cooled crust. Grate the last square of Lindt over the cheesecake.
4. Let the cheesecake sit in the fridge for minimum 6 hours, but I would recommend making this the day before you need it. It gets better the longer it sets.

Approximate macros per serving (assuming 10 servings):

carbs - 4.8g fat - 37.2g protein - 5.8g calories - 380

Recipe and images by www.alittlebitofketo.com