

Lime & Ginger Cheesecake

At 2.5g carbs each, these cupcakes make a great dessert, or if you have the metabolism of my husband, a quick snack. They don't last long in our fridge. You could make a large cheesecake out of this but the base would need to be doubled and it won't be as easily removable on a larger scale - the cupcakes are quite fragile.



Ingredients for base:

- 5 Tbsp. butter (70g)
- 2/3 cup pecan flour
- 1 Tbsp. powdered erythritol
- 1/2 tsp ginger powder
- 1/4 tsp cardamom

Ingredients for cheesecake:

- 1 1/2 cups cream cheese - softened (340g)
- 1 large lime (juiced - approx. 1 Tbsp.) - save the zest.
- 2 eggs
- 1 tsp ginger powder
- 3/4 cup powdered erythritol

Ingredients for topping:

- 3 Tbsp. powdered erythritol
- 1/4 cup chopped pecans
- zest from 1 large lime
- 2 Tbsp. butter

~ makes 12 cupcakes

Preheat oven to 160C/320F

Base:

1. Melt the butter. Add in the pecan flour, cardamom, ginger powder and erythritol. Mix well. If the mixture is too hard, microwave it to melt the butter a bit more. I keep my pecan flour in the freezer so melted butter plus ice cold pecans tends to make it lumpy.

2. Once mixed, divide into 12 cupcake liners. I strongly recommend silicone muffin moulds for this because paper liners stick to the cupcakes and tear and generally make a giant mess.
3. Press the mixture into the bottom of the cupcake liners using the back of a teaspoon.

Cheesecake:

4. Combine all the cheesecake ingredients in a bowl and mix with an electric beater until completely smooth.
5. Divide the batter into the 12 cupcakes, pouring carefully over the base. The cupcakes rise slightly so be careful not to overfill the liners/moulds.
6. Bake for 18 - 20 minutes at 160C/320F. Let them cool at room temperature and then refrigerate them overnight to set them properly.

Topping:

7. I do this last part right before serving. In a frying pan, melt the butter and fry the pecans until the butter is starting to brown. Don't take it too far. Add the erythritol and stir until dissolved. Throw half the zest into the caramel mixture.
8. While it's still hot, spoon this mixture onto the cupcakes. If it hardens too quickly, heat it up again. Sprinkle the rest of the lime zest over the cupcakes. The topping hardens quickly and forms a 'pecan brittle' type topping. It stays crunchy in the fridge for a few days.

Approximate nutritional information per cupcake:

carbs - 2.5g fat - 21.9g protein - 4.9g calories - 226.6

Recipe and images by www.alittlebitofketo.com

