

# No Bake Keto Chocolate Cheesecake

prep time: 10 minutes

cooking time: 2 hours

yields: 6 cheesecakes



## Ingredients:

### Cheesecake Filling

- 120g Full fat cream cheese
- 2 tbsp sour cream
- 1/4 cup whipping cream
- 1/4 cup erythritol
- 1 tbsp lemon juice
- 1 tsp vanilla extract

### Chocolate Ganache

- 50g (2 oz) Lindt 85% dark chocolate
- 1/2 cup heavy whipping cream

## Method:

### Cheesecake Filling

- Add the cream cheese, sour cream, whipping cream, erythritol, lemon juice and vanilla extract into a mixing bowl and mix well with a hand mixer. (It would be best to have the cream cheese room temperature)
- Scoop cheesecake mixture into cupcake moulds and place in the freezer for 1 to 2 hours.

### Chocolate Ganache

- Quarter fill a saucepan with water and bring it to a simmer. Place a heatproof bowl on top of the saucepan so you will have a snug fit. Add the dark chocolate and let it melt. Stir with a spoon until all the chocolate has melted.
- Remove the bowl from the saucepan and add the whipping cream slowly, while stirring.
- Remove the cheesecakes from the freezer and pour the ganache over the cheesecakes. Sprinkle over some pecan nuts (optional). Wait for the cheesecake to thaw, about 30-45 minutes, or it will still be frozen. Enjoy!

1 cheesecake: Calories:203kcal Fat:20g Protein:2.8g Total Carbs:11g  
Carbs excluding sugar alcohols: 3.5g

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