

NO BAKE CINNAMON HEART CHEESECAKE

PREP TIME 10 MINS COOK TIME 3 HRS SERVINGS 8

INGREDIENTS

Crust

- 1/3 Cup Ground pecans
- 1/4 Cup Brown sugar substitute
- 1 Cup Almond flour
- 1/4 Cup Grass Fed Butter, melted
- 1 tsp Cinnamon

Filling

- 1 Tsp Cinnamon
- 1 cup Heavy whipping cream
- 4 oz Cream cheese softened
- 1 Tsp Vanilla Extract
- 1 Tsp Lemon juice (optional)
- 1/4 Cup Swerve Confectioners
- 5 Tbsp Butter softened
- Coconut sprinkles (optional)
- Natural gel colouring (optional)

DIRECTIONS

1. Preheat a non-stick pan over medium heat.
2. In the pan, mix almond flour, pecans, brown sugar sub, cinnamon and butter until combined well and toasted for 1 – 2 minutes. Scoop it into a non-stick or parchment lined spring form cake pan. Press down firmly all over the bottom of the pan until evenly distributed and creating a crust shape. Let cool fully before adding filling. (You can use the fridge for 5 minutes to speed up things)
3. To make the filling – whip the heavy cream, cinnamon and vanilla on high until stiff peaks are formed. Set aside.
4. In a mixer with paddle attachment cream together the butter and cream cheese for 1 minute on medium. Switch to whisk attachment and add swerve. Whip on high for 4 minutes until mix has tripled in size.
5. Fold in lemon juice.
6. Fold in whipping cream in 3 batches until filling combined.
7. Add gel colouring and mix until just combined. Don't over mix.
8. Scoop onto the crust and smooth out on top. Top with coconut sprinkles (you can find out how to make them in my book "THE BEST OF KETO" or reserve ¼ of the cheesecake mix to pipe on top of the cake in a pretty design of your choice.
9. Refrigerate covered for 3 to 4 hrs or overnight. Serve cold.

Fat: 35g Protein: 5g Carbs: 14g Fiber: 3g Net Carbs: 3g
