

Pumpkin Cheesecake

Hands On Time: 20 minutes

Total Time: 4 hours

Serves 8



You can't beat a creamy cheesecake full of fall flavours for a dessert show stopper!

Enjoy!

INGREDIENTS:

Crust:

- 7 ounces of almond flour
- 3.5 ounces of butter
- ¼ cup of Sukrin Monk
- ½ teaspoon of pumpkin pie spice

Filling:

- 8 ounces of cream cheese
- 1 cup of heavy cream
- 1 cup of pumpkin puree
- ½ cup of Sukrin Icing
- 4 teaspoons of gelatin
- ¼ cup of cold water
- ½ teaspoon of pumpkin pie spice

METHOD:

Pre-heat your oven to 180° C/350° F, fan forced

Place all of the dry crust ingredients into a large mixing bowl and stir to combine.

Melt the butter and add to the dry ingredients, mixing well until a crumbly dough has formed.

Grease and line a standard 22 cm/8.5 inch springform pan and press the crust mixture evenly around the base and sides.

Bake for 12 minutes.

Remove and let cool before placing in the fridge to chill while you prepare the next steps.

Add the gelatin to the cold water and let bloom for approx. 3 minutes.

In the bowl of your mixture, place the cream cheese, sweetener and vanilla and beat on med-high until fluffy and smooth.

Add the cream, pumpkin pie spice, bloomed gelatin and pumpkin and beat on med-high until well combined and smooth.

Pour into chilled crust.

Chill the cheesecake for at least 3 hours.

Serve with whipped cream r sprinkled with chopped pecans or walnuts and a sprinkle of pumpkin spice.

Store, covered, in the refrigerator for up to 5 days.

Note: the crust will soften.

NUTRITIONAL INFORMATION:



Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
6.6 grams	10.1 grams	43.5 grams	446 kcal

Calories from carbs **5.8%**, protein **8.8%**, fat **85.4%**.

• Total Carbs **10.1 grams** • Fiber **3.5 grams** • Sugars **4.9 grams**

• Saturated Fat **20.3 grams** • Sodium **115 mg(5 %RDA)**

• Magnesium **79.1 mg(19.8 %RDA)** • Potassium **290 mg(14.5 %EMR)**

Ingredients (makes 8 servings)

200 grams of almond flour (blanched ground almonds, almond meal)	200 grams	<input type="checkbox"/>
100 grams of Butter, without salt	100 grams	<input type="checkbox"/>
150 grams of Erythritol (natural low-carb sweetener)	150 grams	<input type="checkbox"/>
1 ½ tsp of Vanilla extract, imitation, alcohol	6.3 grams	<input type="checkbox"/>
250 grams of cream cheese, soft (full-fat)	250 grams	<input type="checkbox"/>
1 cup of cream, heavy whipping, pouring, full-fat (30-40% fat)	240 grams	<input type="checkbox"/>
½ oz of Gelatins, dry powder, unsweetened	14.2 grams	<input type="checkbox"/>
¼ serving 8 fl oz of water, still	59.3 grams	<input type="checkbox"/>
1 cup of Pumpkin, canned, without salt	245 grams	<input type="checkbox"/>
1 tsp of Spices, pumpkin pie spice	1.7 grams	<input type="checkbox"/>

Add all to basket

Add selected to basket