

Keto Vanilla Cheesecake Dip

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 4 tbsp/ 65 g/ 2.3 oz): Total carbs: 2.8 g, Fiber: 0 g,

Net carbs: 2.8 g, Protein: 5.6 g, Fat: 13 g, Calories: 140 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 1 cup soured cream *or* crème fraîche (230 g/ 8.1 oz)
- 1/2 cup full-fat cream cheese (100 g/ 3.5 oz)
- 1/4 cup vanilla or plain whey protein *or* egg white protein powder ([Jay Robb](#)) *or* plant-based such as [NuZest](#) *or* [hydrolysed gelatine powder - collagen](#) (25 g/ 0.9 oz)
- 1 [vanilla bean](#) *or* 2 tsp sugar-free [vanilla extract](#)
- 5-10 drops [Stevia](#) extract
- 2 tbsp powdered Erythritol, [Swerve](#) *or* other healthy [low-carb sweetener from this list](#) (20 g/ 0.7 oz)

Instructions

1. Cut the vanilla bean lengthwise and scrape the seeds out with a knife.
2. Place all the ingredients into a bowl and mix until well combined.
3. Serve with berries or nuts, or even on its own.
4. Store sealed in the fridge for up to 5 days.

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