

Keto No-Bake Mini Berry Cheesecakes

Hands-on 20 minutes Overall 2-3 hours

Nutritional values (per serving): Total carbs: 6.6 g, Fiber: 2.8 g, **Net carbs: 3.8 g,**

Protein: 3.6 g, Fat: 19.6 g, Calories: 204 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 12 mini cheesecakes)

Crust:

- 1 cup desiccated coconut, unsweetened (75g / 2.6 oz)
- 1/3 cup macadamia nuts (50g / 1.8 oz)
- 1/4 cup butter or coconut oil, melted (57g / 2 oz)
- 2 tbsp freeze-dried blueberries, powdered (10g / 0.4 oz)
- 2 tbsp Erythritol (non GMO) or other healthy low-carb sweetener from this list (20g / 0.7 oz)
- 5-10 drops liquid Stevia extract (Clear / Vanilla / Coconut)
- 1/2 tsp cinnamon

Cheese filling:

- 1 cup full-fat cream cheese (200g / 7.1 oz)
- 1/2 cup heavy whipping cream (120 ml / 4 fl oz)
- 1/2 cup crème fraîche or sour cream (120 g / 4.2 oz)
- 1/2 tsp vanilla extract (~ 1 vanilla bean)
- 4 tbsp freeze-fried strawberries, powdered (20g / 0.7 oz)
- 4 gelatin sheets or powdered gelatin (I like Great Lakes Gelatin, 2 envelopes / 2 tbsp) or agar (4 tbsp of agar flakes or 2 tsp agar powder, suitable for vegetarians)
- 1/2 cup Erythritol (non GMO) or other healthy low-carb sweetener from this list (80g / 2.8 oz)
- 10-15 drops liquid Stevia extract (Clear / Vanilla)

Note: You can get berry powders from Amazon. If you don't have freeze-dried fruit powder, you can substitute blueberry fruit powder with raw cocoa powder and strawberry fruit powder with 1 cup of fresh strawberries. If you have nut allergies, use desiccated coconut instead of macadamia nuts.

Instructions

1. Place all the ingredients for the crust in a food processor.
2. Add freeze-dried blueberry powder. Pulse until the mixture is

roughly chopped. Don't blend it too much.

3. The crust batter should be crumbly, not as smooth as nut butter.
4. Transfer the mixture in the mini cake molds and press it down. Place the molds in the fridge before the cheese filling is ready. *Note: I used mini cheese cake pan molds with **removable bottom**. If you don't have one, use silicone muffin forms. Other forms are not recommended - you will need to be able to remove the cheesecakes after they are done!*
5. In a bowl, mix all the ingredients for the filling apart from the gelatin sheets. Place half of the mixture in another bowl and set aside.
6. Place 2 gelatin sheets into a small plate and add a bit of water. In a small pan, bring 1/4 cup of water to boil and turn the heat off. Add softened and drained gelatin sheets and mix well until it dissolves. Pour the gelatin mixture slowly into one of the bowls with cheese filling and incorporate well. *If you are using powdered gelatin, use one envelope and follow the manufacturer's instructions.*
7. Take the cake molds from the fridge and pour the mixture evenly into each of them. Place in the fridge before you prepare the last layer of cheese filling.
8. Spoon the strawberry powder into the bowl with remaining cheese filling and mix well. Similarly to step 6, incorporate the remaining gelatin sheets and add the mixture slowly to the cheese filling while stirring.
9. Take the cake molds from the fridge and carefully fill all of them with the last layer of cheese filling. Place in the fridge for at least 2-3 hours, or better overnight. Push the cakes out from the molds and keep them in the fridge in an airtight container to prevent the edges from drying. Enjoy! :-)

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