

Easy Low-Carb Cheesecake Bars

Hands-on 15 minutes Overall 3-4 hours

Nutritional values (per serving, 1 slice): Total carbs: 3.8 g, Fiber: 1 g, **Net carbs: 2.8 g,**

Protein: 4.2 g, Fat: 19.7 g, Calories: 195 kcal,

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



Ingredients (makes 18 slices)

Base:

1 1/3 cups nuts of choice, roasted (6 oz/ 170 g) - we used almonds, hazelnuts and cashews

2 tbsp Sukrin Gold, powdered Erythritol or Swerve (20 g/ 0.7 oz)

1/2 stick unsalted butter, melted (57 g/ 2 oz)

Cheesecake layer:

1 cup heavy whipping cream (240 ml/ 8 fl oz)

1 lb full-fat cream cheese or mascarpone (450 g)

1/3 cup full-fat Greek yoghurt or sour cream (83 g/ 3 oz)

1/2 cup powdered erythritol (80 g/ 2.8 oz)

fine zest of 1 organic lemon

2 tsp unsweetened vanilla extract or 1/2 tsp vanilla bean powder

Optional: sliced strawberries, whole raspberries, blueberries or blackberries

7. Serve topped with berries (optional). Store in a sealed container in the fridge up to 5 days.

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Instructions

1. Preheat an oven to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted) and place raw nuts on a baking tray in a single layer. Bake 8 to 10 mins until the nuts are golden, crisp and fragrant.
2. To make the base, add the warm nuts to a food processor and process until finely chopped.
3. Add butter, sweetener and pulse until it comes together.
4. Press into a lined slice tin (you can use any tin, such as 13 x 8 inch/ 33 x 23 cm, just make sure it's deep enough to fit the filling). Place in the fridge while you make the cheesecake layer.
5. To make the cheesecake layer, add all ingredients to a bowl and use a hand or stand mixer to beat until smooth and creamy.
6. Spread over the nut layer and use a spatula to spread evenly. Refrigerate at least 3 hours before serving.