

Halloween Cheesecake Keto Brownies

Hands-on 10 minutes Overall 2 hours

Nutritional values (per serving, 1 slice): Total carbs: 6 g, Fiber: 2.7 g, **Net carbs: 3.2 g,**

Protein: 5.4 g, Fat: 22.1 g, Calories: 226 kcal,

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



Ingredients (makes 16 servings)

Black brownies:

- 3 large eggs, room temperature
- 1/2 cup granulated [Erythritol](#) or [Swerve](#) (100 g/ 3.5 oz)
- 10-15 drops [liquid stevia](#)
- 1/2 cup melted virgin [coconut oil](#) (120 ml/ 4 fl oz)
- 1/4 cup unsweetened [almond milk](#) (60 ml/ 2 fl oz)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/2 cup [black cocoa powder](#) (65 g/ 2.3 oz) or use [Dutch process cocoa powder](#)
- 2 tbsp ground [chia seeds](#) (16 g/ 0.6 oz)
- 2 tsp [gluten-free baking powder](#) or 1 tsp [cream of tartar](#) + 1/2 tsp [baking soda](#)
- 1 tsp [vanilla powder](#) or 2-3 tsp sugar-free [vanilla extract](#)
- 2 level tbsp [almond butter](#) (32 g/ 1.1 oz)

Cheesecake topping:

- 1 cup full-fat cream cheese (240 g/ 8.5 oz)
- 1 cup creme fraiche or sour cream (240 ml/ 8 fl oz)
- 1/4 cup [powdered Erythritol](#) or [Swerve](#), or to taste (40 g/ 1.4 oz)
- 1/2 tsp [vanilla powder](#) or 1-2 sugar-free [vanilla extract](#)
- natural green food colouring (few drops to 2 tsp depending on the type)

Instructions

1. Preheat the oven to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted).
2. Whisk the eggs in a large bowl, then add the erythritol and stevia and whisk again.
3. Add the melted coconut oil and almond milk and whisk well.
4. Add the almond flour, cacao, chia seeds, baking powder, vanilla

powder and almond butter. Mix until smooth.

5. Line a 20 x 20 cm/ 8 x 8 inch tray with greaseproof paper.
6. Add the brownie mix and use a spatula or knife to smooth to the edges.
7. Bake for about 25 minutes or until an inserted skewer comes out without crumbs sticking. Allow to cool completely in the pan.
8. Meanwhile make the cheesecake topping. Add all ingredients except the colouring to a bowl and mix using a hand or stand mixer until combined.
9. Add a few drops of natural green colouring at a time until the desired colour is reached.
10. Pour over the cooled brownie mix and refrigerate overnight.
11. Store in the fridge up to 5 days. The brownies can also be frozen (ideally unfrosted) for up to 3 months. The frosting is best prepared fresh.

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