



Keto Apple Streusel Cheesecake Jars

Hands-on 20 minutes Overall 35 minutes

Nutritional values (per jar): Total carbs: 11.7 g, Fiber: 4.2 g, **Net carbs: 7.6 g**, Protein: 14.4 g,
Fat: 50.2 g, Calories: 506 kcal,

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



for up to 4 days, and the streusel in a sealed container at room temperature up to a week.

Ingredients (makes 4 servings)

Streusel layer:

- 3 tbsp butter or [ghee](#), melted (45 ml)
- 3/4 cup roughly chopped [walnuts](#) or [pecans](#) (88 g/ 3.1 oz)
- 2/3 cup [almond flour](#) (67 g/ 2.4 oz)
- 2 tbsp [Sukrin Gold](#), [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)
- 1 tsp ground [cinnamon](#)

Apple cheesecake layer:

- 1 cup full-fat cream cheese or mascarpone (240 g/ 8.5 oz)
- 1/2 cup full-fat Greek yoghurt or sour cream (125 g/ 4.2 oz)
- 1/2 tsp sugar-free [vanilla extract](#)
- 3-5 drop [liquid Stevia](#), or [any low-carb sweetener](#), to taste
- 4 tbsp [Low-Carb Apple Butter](#) (60 g/ 2.1 oz)
- pinch of ground [cinnamon](#), to serve

Note: It will take an additional 2 hours to prepare the [Low-Carb Apple Butter](#).

Instructions

1. Preheat oven to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted). For the streusel, add all ingredients and mix well.
2. Bake in oven 15-18 mins, until golden brown. Set aside and allow to cool completely in pan. Note that the streusel will feel soft when you first remove it from the oven, but will crisp up as it cools.
3. To make the cheesecake mix, add the yoghurt, cream cheese, vanilla and stevia to a bowl and beat either by hand or in a mixer until combined. Gently fold through the low-carb "apple" butter so that its swirled through the cheesecake mix.
4. To assemble, alternate streusel and the cheesecake mix, finishing with a sprinkle of streusel and/or some ground cinnamon.
5. Best served straight away. Both the streusel and cheesecake mix can be made ahead of time. Store the cheesecake mix in the fridge

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