

Keto Pumpkin Cheesecake Swirl Brownies

Hands-on 15 minutes Overall 40 minutes

Nutritional values (per serving, 1 slice): Total carbs: 9.2 g, Fiber: 4 g, **Net carbs: 5.1 g,**

Protein: 8.2 g, Fat: 25.6 g, Calories: 270 kcal,

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



Ingredients (makes 9 servings)

Cheesecake Layer:

- 250 g full-fat cream cheese (8.8 oz)
- 1/3 cup granulated [Erythritol](#) or [Swerve](#) (67 g/ 2.4 oz)
- 1 large egg
- 1 tsp [cinnamon](#)
- 1/2 tsp ground nutmeg
- 1/3 cup [pumpkin puree](#) (100 g/ 3.4 oz)

Brownie layer:

- 1 cup + 3 tbsp granulated [Erythritol](#) or [Swerve](#) (130 g/ 4.6 oz)
- 3/4 cups [cacao powder](#) or [Dutch process cocoa powder](#) (65 g/ 2.3 oz)
- 3/4 cup [almond flour](#) (75 g/ 2.7 oz)
- 1 stick unsalted butter, melted (115 g/ 4 oz)
- 3 large eggs
- 4 tsp sugar-free [vanilla extract](#)
- 2 tbsp unsweetened [almond milk](#) (30 ml)
- 1/2 - 1 tsp sea salt

Instructions

1. Preheat the oven to 155 °C/ 310 °F (fan assisted), or 175 °C/ 350 °F (conventional).
2. Grease and line a 20 x 20 cm (8 x 8 inch) square cake pan.
3. Place all of the cheesecake layer ingredients into a blender (cream cheese, sweetener, egg, cinnamon, nutmeg and pumpkin puree) and blitz until smooth.
4. Melt the butter for the brownie layer in a microwave safe jug or bowl.
5. Place all of the dry brownie ingredients in a medium bowl and mix until well combined, without lumps.

6. Add in the eggs, melted butter and vanilla extract and mix until smooth.
7. Pour the brownie batter into the pan, reserving approx. 1/2 cup and smooth over with a spoon.
8. Gently pour the cheesecake layer on top.
9. Mix the remaining brownie batter with 2 tablespoons of almond milk.
10. Spoon the remaining brownie batter on top in 4 dollops then use a knife to swirl the batter into the cheesecake. Don't over swirl or you won't get defined patterns.
11. Bake for 20-25 minutes until set.
12. Remove from the oven and let cool completely before slicing into 9 pieces. Store in an airtight container in the refrigerator for up to one week.

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