

# Keto Pumpkin Pie Chocolate Cheesecake Jars

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, 1 jar): Total carbs: 9.7 g, Fiber: 3.3 g, **Net carbs: 6.3 g**,

Protein: 5.1 g, Fat: 37.8 g, Calories: 389 kcal,

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



## Ingredients (makes 6 jars)

### Pumpkin pie cheesecake:

- 1 cup mascarpone *or* cream cheese (240 g/ 8.5 oz)
- 3/4 cup heavy whipping cream (180 ml/ 6 fl oz)
- 225 g [pumpkin puree](#) (8 oz)
- 1/3 cup powdered [Swerve](#), [Erythritol](#) *or* monk fruit sweetener (53 g/ 1.9 oz)
- 1/4 cup [cacao powder](#) *or* Dutch process cocoa (22 g/ 0.8 oz)
- 1 tsp sugar-free [vanilla extract](#) *or* 1/4 tsp [vanilla powder](#)
- 1 - 2 tsp pumpkin pie spice (*you can make your own [pumpkin pie spice mix](#)*)

### Chocolate Ganache:

- 1/3 cup heavy whipping cream (80 ml/ 2.7 fl oz)
- 1 tbsp unsalted butter, room temperature (14 g/ 0.5 oz)
- 1/3 cup [90% dark chocolate](#) chunks (50 g/ 1.8 oz)
- pinch of sea salt

## Instructions

1. Place the mascarpone, heavy cream, pumpkin puree, powdered low-carb sweetener, raw cacao powder, vanilla and pumpkin spice in a mixing bowl. Whisk together using an electric whisk until thick and creamy.
2. Spoon the mix into jars or pipe if you want to be fancy! I used 150 ml/ 5.1 oz jars for 6 servings.
3. Chill in the fridge for one hour. If you're in a rush you can skip this step but I think it makes them nicer.
4. To make the chocolate ganache heat the cream on a medium heat until hot (not boiling or bubbling though).
5. Remove from the heat and add the butter and dark chocolate. Do not stir, leave it to soften undisturbed for about 5 minutes.
6. After 5 minutes, whisk with a hand balloon whisk until melted and

glossy.

7. Top the keto cheesecake jars with the chocolate ganache. Serve immediately or place in the fridge if you want a firmer ganache.
8. Store in the fridge for up to 5 days.

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