

Low-Carb Pumpkin Cheesecake Brownies

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving): Total carbs: 6.8 g, Fiber: 3.1 g, **Net carbs: 3.7 g,**

Protein: 5.2 g, Fat: 16.8 g, Calories: 184 kcal,

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



Ingredients (makes 16 servings)

- 1 bar extra [dark chocolate](#), at least 85% cocoa (100 g/ 3.5 oz)
- 125 g butter, [ghee](#) or [coconut oil](#) (4.4 oz)
- 3 large eggs
- 15-20 drops [liquid stevia](#)
- 3/4 cup [powdered Erythritol](#) or [Swerve](#) (120 g/ 4.2 oz)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/2 cup plus 1 tbsp [cocoa powder](#) (45 g/ 1.6 oz)
- 1/4 cup ground [chia seeds](#) (about 3 tbsp whole [chia seeds](#), ground) (30 g/ 1.1 oz)
- 1/2 tsp [baking soda](#)
- 1 tsp [cream of tartar](#) or lemon juice

Pumpkin Cheesecake Topping:

- 1/2 cup cream cheese (120 g/ 4.2 oz)
- 1 large egg
- 1/2 cup [pumpkin puree](#) (100 g/ 3.5 oz)
- 3 tbsp [powdered Erythritol](#) or [Swerve](#) (30 g/ 1.1 oz)
- 1/2 tsp [cinnamon](#) or pumpkin pie spice
- 1/2 tsp sugar-free [vanilla extract](#)
- 1/8 tsp ground ginger

Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and line a 20 x 20 cm (8 x 8 inch) square pan with parchment paper.
2. Break the chocolate into small pieces and add it and the butter into a small bowl placed over slowly simmering water. When most of the chocolate has melted, remove the bowl and stir the chocolate.
3. Place the eggs, stevia and powdered erythritol into a medium bowl and mix to combine.

4. Next beat in the chocolate. Add in the dry ingredients and mix until smooth.
5. Make the cheesecake layer by adding all of the ingredients to a medium bowl: cream cheese, egg, pumpkin puree, Erythritol, cinnamon, vanilla extract and ginger. Mix until smooth.
6. Spread the thick brownie batter into the pan, top with cheesecake mixture and bake for 15-20 minutes.
7. Cool in the refrigerator until set. Cut into 16 squares and serve.
8. Store in an airtight container in the refrigerator for up to 7 days.

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