



Gluten Free & Keto Cheesecake Brownies

Description

Ingredients Keto Cheesecake Brownies

- 4 eggs
- 1/4 cup butter softened
- 1/2 cup sour cream
- 2 tsp vanilla extract
- 1 tsp chocolate liquid stevia
- 1/2 cup unsweetened cocoa powder
- 1 tsp instant espresso
- 3/4 cup Swerve granular sweetener
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup sugar free chocolate chips

Cheesecake Topping Keto Cheesecake Brownies

- 8 ounces cream cheese softened
- 1 egg
- 1/4 cup Swerve Confectioners sweetener
- 1/2 tsp vanilla extract
- 1/2 tsp vanilla liquid stevia
- optional topping: 2 ounces sugar free or 85% dark chocolate candy bar or chips

Instructions Keto Cheesecake Brownies

- Preheat oven to 350 degrees F.
- In a stand mixer, add the first 5 ingredients and blend on high until combined well.
- In another bowl whisk together the next 5 dry ingredients.
- Pour this into the wet ingredients and blend on high until combined.

- Gently stir in the chocolate chips.
- Grease an 8 by 8 baking dish.
- Pour half the brownie batter into the pan. Set aside remaining batter.
- Prepare the cheesecake topping using a stand or hand held mixer to blend until smooth.
- Pour half the cheesecake topping onto the brownie batter in the pan.
- Pour the remaining brownie batter over the the cheesecake topping.
- Finish with remaining cheesecake topping.
- Use a butterknife to swirl the batter and cheesecake topping together.
- Decorate with optional chocolate bar chunks or chips if desired before baking.
- Bake 30-35 minutes until toothpick in center comes out clean.
- Allow to cool for 15-20 minutes before slicing.

Notes

Net Carbs: 3g

Nutrition

Serving: 1brownie | Calories: 135kcal | Carbohydrates: 4g | Protein: 3g | Fat: 12g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 1g | Cholesterol: 68mg | Sodium: 129mg | Potassium: 61mg | Fiber: 1g | Sugar: 1g | Vitamin A: 383IU | Vitamin C: 1mg | Calcium: 34mg | Iron: 1mg

Category

1. High Protein Recipes

Date Created

26/01/2025

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