Keto Strawberry Cheesecake Bars Recipe

Description

Hey there, dessert enthusiasts! If youâ??re on a keto journey and craving something sweet that wonâ??t kick you out of ketosis, youâ??re going to love these Keto Strawberry Cheesecake Bars. Theyâ??re creamy, fruity, and incredibly easy to make! Perfect for a summertime treat or a delicious snack, these bars will satisfy your sweet tooth while keeping your carbs in check. Letâ??s get baking!

Ingredients

- 1 Â½ cups almond flour
- 1/4 cup melted butter
- 3 tablespoons erythritol or your favorite keto-friendly sweetener
- 16 oz (450g) cream cheese, softened
- 1 cup heavy cream
- 1/2 cup erythritol (or sweetener) for the filling
- 1 tsp vanilla extract
- 1 cup fresh strawberries, hulled and sliced (plus more for topping)

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Instructions

1. Preheat your oven to 350Â°F (175Â°C) and line an 8Ã?8-inch baking dish with parchment paper, leaving some overhang for easy removal.
2. In a mixing bowl, combine almond flour, melted butter, and 3 tablespoons of erythritol. Mix until crumbly and press firmly into the bottom of the prepared baking dish to form a crust.
3. Bake the crust in the preheated oven for 10-12 minutes or until lightly golden. Remove from the oven and let it cool.
4. While the crust is cooling, beat the softened cream cheese and 1/2 cup erythritol in a separate bowl until smooth and creamy.
5. Add the heavy cream and vanilla extract, mixing until well combined. Gently fold in the sliced strawberries.
6. Pour the cheesecake mixture over the cooled crust and smooth the top. Add extra strawberry slices on top if desired.
7. Refrigerate for at least 4 hours or until set. For best results, chill overnight!
8. Once set, lift the bars out using the parchment paper and cut into squares. Enjoy your deliciously creamy Keto Strawberry Cheesecake Bars!

Tips for Success

- Make sure the cream cheese is at room temperature to ensure a smooth filling.
- Store leftover bars in an airtight container in the fridge for up to a week.

- These bars can also be frozen for up to a month, just thaw them in the fridge before serving!

Category

1. Health & Safety

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Author
rauf

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