

16 Low-Carb & Keto Cheesecake Recipes



Bonus
Feature:
Includes an
Unpublished
Recipe!



About the Author

Sugar-Free Mom is a woman on a mission to remove sugar from her and her families lives, but to never feel deprived doing so. She creates sugar-free, low-carb, keto, and gluten-free recipes the whole family will enjoy.

Since 2011, her blog has become the most popular sugar-free source on the web today. She has a devoted following of those looking to simply reduce sugar consumption, many who follow a low-carb diet and many who have multiple allergies.

Her readers can identify with her as her own children have tree nut, peanut, and soy allergies and she herself has gluten and dairy intolerance.

She is a mom who had to give up sugar, but still wants chocolate, working hard to maintain her weight loss. With her three children who keep her very busy she strives to balance it all and still provide healthy, homemade meals that don't require too much time in the kitchen.

Her newest cookbook, Naturally Keto, is available now to order.

Click [here](#) to order.

Introduction

Whether you are looking for low-carb keto desserts to serve your family and friends this holiday season, these cheesecake recipes will make your life easier and your guests will rave about all of them.

Each of the cheesecake mousse recipes are no-bake and can be prepared in under 10 minutes. Just chill and they will be ready to serve in no time.

Over half of the cheese 'cake' recipes are also no-bake and all under half-an-hour prep time. Then bake or chill, add toppings, and you will have a fabulously delicious cake for your family and friends to enjoy.

This ebook also features a new bonus recipe that has never been published before on my blog or in my cookbooks.

I hope you enjoy these tried and true family favorites everyone will love!

Copyright © 2019 by Brenda Bennett

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Sugar-Free Mom
www.sugarfreemom.com

Table of Contents

No-Bake Salted Caramel Cheesecake Mousse	p. 6
No-Bake Pumpkin Cheesecake Mousse	p. 8
No-Bake Butterscotch Cheesecake Mousse	p. 10
No-Bake Mint Chocolate Cheesecake Mousse	p. 12
No-Bake Raspberry Cheesecake Mousse	p. 14
No-Bake Lemon Cheesecake Mousse	p. 16
No-Bake Peppermint Cheesecake Pie	p. 18
Carrot Cake Cheesecake	p. 20
No-Bake Peanut Butter Cup Cheesecake	p. 22
No-Bake Cheesecake with Blackberry Syrup	p. 24
Chocolate Cheesecake	p. 26
No-Bake Coffee Cheesecake	p. 28
No-Bake Pumpkin Cheesecake	p. 30
No-Bake Peanut Butter Cheesecake Mousse Pie	p. 32
Crustless Cheesecake	p. 34
Mini Red Velvet Cheesecake	p. 36



*Enjoy this amazing new unpublished recipe for Salted Caramel Cheesecake Mousse.
Made in five minutes and ready to eat in 30 minutes!*

Author: Brenda Bennett | SugarFreeMom.com



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Salted Caramel Cheesecake Mousse

SERVINGS 3 PREP TIME 5 min CHILL TIME 30 min TOTAL TIME 35 min

INGREDIENTS

- 2 ounces cream cheese, soft
- 1/3 cup Brown Swerve or sugar free maple syrup
- 1 tsp maple extract
- 1 tsp caramel extract
- 1 tbsp Choczero caramel syrup or 1/2 tsp caramel liquid stevia
- 1 cup heavy cream
- pinch salt

Exclusive
Unpublished
Recipe!

INSTRUCTIONS

1. Place cream cheese, Brown Swerve, maple extract, caramel extract, caramel syrup or stevia in a high powered blender or use a hand mixer to combine until smooth.
2. Pour in the heavy cream and salt and blend until smooth and thickened. Should be the texture of soft serve.
3. Spoon into serving glasses.
4. Chill for 30 minutes then enjoy!

NUTRITIONAL INFO

- | | | |
|----------------------------|---------------------|--------------------|
| • Serving Size 1 serving | • Saturated Fat 22g | • Dietary Fiber 0g |
| • Calories per serving 338 | • Cholesterol 129mg | • Sugars 1g |
| • Fat 36g | • Sodium 91mg | • Protein 3g |
| | • Carbs 3g | • Net Carbs 3g |



This easy Pumpkin Cheesecake Mousse is a pumpkin and low-carb lovers dream. Creamy pumpkin cheesecake flavor but with a light and fluffy texture that is irresistible!

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Pumpkin Cheesecake Mousse

SERVINGS 12 **PREP TIME** 5 min **CHILL TIME** 1 hour **TOTAL TIME** 1hr 5min

INGREDIENTS

- 16 ounces cream cheese, room temp
- 15 ounce canned pumpkin (not pumpkin pie filling)
- 2 cups heavy cream
- 1/4 tsp salt
- 2 teaspoons pumpkin pie spice
or use cinnamon, ginger, nutmeg, cloves
- 1-2 teaspoons Pumpkin Spice liquid stevia to taste (or Vanilla Stevia)
- 1 teaspoon vanilla extract
- Optional toppings: Sukrin Gold Brown Sugar Substitute

INSTRUCTIONS

1. In a KitchenAid or stand mixer blend cream cheese and pumpkin until smooth.
2. Add the rest of the ingredients and blend until whipped and fluffy about 5 minutes.
3. Taste and adjust sweetener to your liking if needed.
4. Pipe into serving glasses and top with cacao nibs or brown sugar sub like Sukrin if desired. Best if Chilled about an hour to set and thicken but still fantastic to enjoy immediately!
5. Keep refrigerated until ready to serve.

NUTRITIONAL INFO

- | | | |
|--|---------------------|--------------------|
| • Serving Size 1/2 cup | • Saturated Fat 16g | • Dietary Fiber 1g |
| • Calories per serving 280
from fat 243 | • Cholesterol 95mg | • Sugars 2g |
| • Fat 27g | • Sodium 186mg | • Protein 3g |
| | • Carbs 5g | • Net Carbs 4g |



This quick low-carb Butterscotch Cheesecake Mousse contains no added sugar. If you love scrumptious, creamy, no-bake recipes, you are sure to love this mousse!

Author: Brenda Bennett | SugarFreeMom.com



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Butterscotch Cheesecake Mousse

SERVINGS 6 PREP TIME 10 min CHILL TIME 2 hours TOTAL TIME 2hr 10min

INGREDIENTS

- 8 ounces cream cheese, room temp
- 2 tsp maple extract
- 1 tsp vanilla stevia
- 1/3 cup Sukrin fiber gold syrup
- pinch salt
- 1 cup vanilla protein powder
- 1 cup heavy whipping cream

INSTRUCTIONS

1. Place all ingredients into a stand mixer except heavy whipping cream.
2. Blend on high, scrape down sides, until smooth.
3. Change to whisk attachment and pour in heavy cream.
4. Blend on high 5 minutes or until thickened and whipped in texture. (mixture will also thicken as it sets in the fridge).
5. Spoon into a pastry bag to swirl into glasses.
6. Place in the refrigerator 2-3 hours or overnight.
7. Keep refrigerated until ready to serve.

NUTRITIONAL INFO

- | | | |
|--|-----------------------|----------------------|
| • Serving Size 1/2 cup | • Saturated Fat 12.2g | • Dietary Fiber 0.5g |
| • Calories per serving 251
from fat 170 | • Cholesterol 46mg | • Sugars 2.5g |
| • Fat 18.9g | • Sodium 199mg | • Protein 9.5g |
| | • Carbs 3.5g | • Net Carbs 3g |



Mint Chocolate Cheesecake Mousse brings you the best flavors of cheesecake and mousse for an ultra creamy and very decadent mousse!

Author: Brenda Bennett | SugarFreeMom.com



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Mint Chocolate Cheesecake Mousse

SERVINGS 4 PREP TIME 10 min CHILL TIME 1 hours TOTAL TIME 1hr 10min

INGREDIENTS

- 1.25 cup heavy cream
- 1/2 teaspoon peppermint extract
- 4 full droppers peppermint stevia
- 4 ounces cream cheese, softened
- 1/2 cup unsweetened cocoa powder
- Optional: unsweetened cacao nibs

INSTRUCTIONS

1. In a stand mixer beat cream, extract and stevia until peaks form.
2. Blend in cream cheese and cocoa until combined.
3. Pipe into 4 servings dishes (1/3 cup each) and top with cacao nibs if desired.
4. Keep refrigerated.

NUTRITIONAL INFO

- | | | |
|--|---------------------|--------------------|
| • Serving Size 1/3 cup | • Saturated Fat 23g | • Dietary Fiber 3g |
| • Calories per serving 372
from fat 324 | • Cholesterol 31mg | • Sugars 1g |
| • Fat 36g | • Sodium 93mg | • Protein 3g |
| | • Carbs 8g | • Net Carbs 5g |



Keto Raspberry Cheesecake Mousse is made with only five ingredients. You will enjoy this simple, beautiful treat that requires little work, but still feels luxurious!

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Raspberry Cheesecake Mousse

SERVINGS 6 PREP TIME 10 min CHILL TIME 1 hours TOTAL TIME 1hr 10min

INGREDIENTS

- 8 oz cream cheese, softened
- 1 cup raspberries, fresh or frozen, thawed, and drained
- 1 cup heavy cream
- 1 tsp vanilla extract
- 1 tsp Berry liquid stevia
or 1/2 cup Swerve confectioners

INSTRUCTIONS

1. In a stand mixer, cream the cream cheese until smooth in texture.
2. Add the raspberries and blend until combined.
3. Pour heavy cream into cream cheese and raspberries and blend on high until it becomes whipped in texture.
4. Once whipped, add the vanilla extract and Berry liquid stevia and blend again.
5. Pipe into 6 serving dishes and top with raspberries, if desired.
6. Keep refrigerated until ready to serve.
7. Makes 3 cups total.

NUTRITIONAL INFO

- | | | |
|--|---------------------|--------------------|
| • Serving Size 1/2 cup | • Saturated Fat 16g | • Dietary Fiber 1g |
| • Calories per serving 275
from fat 234 | • Cholesterol 41mg | • Sugars 2g |
| • Fat 26g | • Sodium 121mg | • Protein 2g |
| | • Carbs 4g | • Net Carbs 3g |



This Lemon Cheesecake Mousse made with mascarpone cheese is undeniable creamy. This is the easiest-to-make elegant dessert to serve your company!

Author: Brenda Bennett | SugarFreeMom.com



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Lemon Cheesecake Mousse

SERVINGS 5 PREP TIME 10 min CHILL TIME 1 hours TOTAL TIME 1hr 10min

INGREDIENTS

- 8 ounces mascarpone cheese or cream cheese, softened
- 1/4 cup lemon juice (or 2 lemons)
- 1 cup heavy cream
- 1/2-1 teaspoon lemon liquid stevia
- 1/8 teaspoon salt

INSTRUCTIONS

1. Add cheese and lemon juice to a stand mixer and blend until smooth. Set aside.
2. With an electric hand mixer, whip the heavy cream until stiff peaks form, then add the stevia and salt.
3. Add this whipped cream back to the stand mixer to combine with cheese mixture. Blend on high until well incorporated.
4. Taste and adjust sweetener if needed.
5. Pipe into 5 serving glasses and sprinkle on lemon zest, if desired.
6. Refrigerate one hour or until ready to serve.

NUTRITIONAL INFO

- | | | |
|--|-----------------------|--------------------|
| • Serving Size 1/2 cup | • Saturated Fat 16.7g | • Dietary Fiber 0g |
| • Calories per serving 277
from fat 266 | • Cholesterol 89mg | • Sugars 0.3g |
| • Fat 29.6g | • Sodium 138mg | • Protein 3.7g |
| | • Carbs 1.7g | • Net Carbs 1.7g |



This incredible Peppermint Cheesecake Pie is made with a nut-free crust, creamy peppermint filling, peppermint whipped cream and topped with crushed candy canes!

Author: Brenda Bennett | SugarFreeMom.com

LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Peppermint Cheesecake Pie

SERVINGS 12 PREP TIME 30 min CHILL TIME 4 hours TOTAL TIME 4hr 30min

INGREDIENTS

Crust

- 2 cups sunflower seeds or almond meal
- 1/3 cup unsweetened cocoa powder
- 4 tbsp butter, softened
- 1/4 tsp salt
- 1/4 cup Swerve sweetener

Optional Topping

- 1/2 cup sugar-free candy canes crushed

Filling

- 16 ounces cream cheese, room temp
- 1 tsp peppermint liquid stevia
- 1 tsp peppermint extract
- 1/4 tsp salt
- 1 cup heavy cream

Topping

- 1/2 cup heavy cream
- 1/2 tsp peppermint liquid stevia
- 1/4 tsp peppermint extract

INSTRUCTIONS

Crust

1. Prepare the no-bake crust by placing all ingredients into a food processor. Process until the mix is a fine crumb consistency.
2. Taste the crust and add more sweetener, as needed. Spread into a 9-inch pie dish. Set aside.

Filling

1. Place all filling ingredients, except heavy cream, into a stand mixer and blend on high until smooth. Taste and add more stevia as needed.
2. Pour heavy cream into a new bowl and use an electric mixer to blend on high until all whipped in texture. Fold this whipped cream into the cream cheese filling. Spread this into the pie crust.

Topping

1. Add all topping ingredients into stand mixer, except crushed candy canes, if using. Blend on high until whipped. Taste and adjust stevia, if needed.
2. Spread this over the cheesecake filling. Top with optional crushed candy canes, if desired. Refrigerate pie for 3-4 hours or overnight.

NUTRITIONAL INFO

- | | | |
|----------------------------|-----------------------|----------------------|
| • Serving Size 1 slice | • Saturated Fat 17.5g | • Dietary Fiber 1.7g |
| • Calories per serving 344 | • Cholesterol 86mg | • Sugars 1.1g |
| from fat 301 | • Sodium 283mg | • Protein 5.3g |
| • Fat 33.4g | • Carbs 5.1g | • Net Carbs 3.4g |



Make any occasion special with this beautiful nut-free keto Carrot Cake that is layered between creamy low-carb cheesecake and sugar-free cream cheese frosting!

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)

Carrot Cake Cheesecake

SERVINGS 12 **PREP TIME** 30 min **COOK TIME** 1hr 15min **TOTAL TIME** 1hr 45min

INGREDIENTS

Cheesecake

- 16 ounces cream cheese, softened
- 1/2 cup sour cream
- 1/4 cup heavy cream
- 1 tsp vanilla liquid stevia
- 1 tsp vanilla extract
- 1/2 cup Swerve confectioners sweetener
- 1/4 tsp salt
- 2 eggs

INSTRUCTIONS

Cheesecake

1. Preheat oven to 325 degrees F.
2. Place the cream cheese and sour cream in a stand mixer and blend until smooth. Add the heavy cream, stevia, extract, Swerve and salt and blend on high until combined.
3. Add one egg at a time and blend until well incorporated.
4. Pour the batter into a greased 9 inch spring form pan. Wrap the bottom and half way up the pan with aluminum foil and place into a roasting pan. Pour hot water into roasting pan to half way up the sides of the spring form pan.
4. Bake 45 minutes until golden but still jiggly in the center.
6. Allow to cool then refrigerate for 2-3 hours or overnight.

Carrot Cake

1. Preheat oven to 350 degrees F.
2. Place the first 5 ingredients into a stand mixer and blend until combined.
3. Add the remaining ingredients and blend until combined.
4. Pour batter into a greased 9 inch spring form pan.
5. Bake for 30 minutes or until a toothpick in center comes out clean.
6. Allow to cool 1 hour.
7. Prepare frosting by adding all ingredients into a stand mixer. Taste and adjust sweetener if needed.

Assemble

1. Remove spring form from around each cake.
2. Place the cheesecake onto serving platter.
3. Lay the carrot cake on top of the cheesecake.
4. Spread frosting over the top of the cake and sides. Decorate around the outer edge of the top of the cake and add a sprinkle of chopped nuts if desired.
5. Keep refrigerated until serving.

NUTRITIONAL INFO

- Serving Size 1 slice
- Calories per serving 446
- Fat 41g
- Saturated Fat 22g
- Cholesterol 170mg
- Sodium 506mg
- Carbs 8g
- Dietary Fiber 3g
- Sugars 3g
- Protein 10g
- Net Carbs 5g



This stunning no-bake Peanut Butter Cup Cheesecake has a sweet and salty bite. Enjoy the creamy peanut butter filling topped with peanut butter cups & melted chocolate!

Author: Brenda Bennett | SugarFreeMom.com

No-Bake Peanut Butter Cup Cheesecake

SERVINGS 12 PREP TIME 25 min CHILL TIME 3 hours TOTAL TIME 3hr 25min

INGREDIENTS

Crust

- 1 1/4 cup almond flour
- 1/4 cup cocoa powder
- 4 tbsp butter, melted
- 1/4 cup Swerve sweetener

Optional Toppings

- 6 low-carb peanut butter cups, chopped
- 2 oz sugar-free chocolate, melted

Filling

- 1/4 cup water
- 1 tsp gelatin
- 1 cup heavy cream
- 1 tsp vanilla extract
- 1 tsp vanilla liquid stevia
- 1 cup peanut butter, unsweetened
- 16 oz cream cheese, softened
- 1/2 tsp Toffee flavored liquid stevia

INSTRUCTIONS

1. Place all the crust ingredients into a food processor and process until fine crumbs. Press into an 8 inch spring form pan lined with parchment. Set aside.
2. To make the filling, boil the water and gelatin and continue to simmer and stir until it's completely dissolved. Set aside to cool.
3. Pour the heavy cream, vanilla extract and vanilla stevia into a stand mixer and blend on high until whipped. Remove from bowl and set aside.
4. To the same bowl of the stand mixer add the peanut butter, cream cheese and toffee stevia. Blend on high until smooth. Drizzle in the cooled gelatin and mix again then add the whipped cream and blend on high until well combined. Pour into crust.
5. Refrigerate for 3 hours. When ready to serve, add optional toppings if desired. Enjoy!

NUTRITIONAL INFO

- Serving Size 1 slice
- Calories per serving 370
from fat 315
- Fat 35g
- Saturated Fat 15g
- Cholesterol 78mg
- Sodium 163mg
- Carbs 10g
- Dietary Fiber 2g
- Sugars 2g
- Protein 8g
- Net Carbs 8g



This no-bake Dairy-Free Cheesecake will completely surprise even dairy lovers with the delicious texture and taste. Add a burst of flavor when topped with juicy blackberry syrup.

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)

LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Dairy-Free Cheesecake with Blackberry Syrup

www.SugarFreeMom.com

SERVINGS 10 PREP TIME 30 min CHILL TIME 4 hours TOTAL TIME 4hr 30min

INGREDIENTS

Optional Blackberry Syrup

- 6 ounces fresh blackberries
- 1/2 cup water
- 1/4 tsp salt
- 1 tsp Monk Fruit Liquid sweetener
- 1/2 tsp xanthan gum

Dairy Free Cheesecake

- 1 can (13.5oz) coconut milk full fat (Chilled overnight)
- 2 tsp vanilla extract
- 1/4 tsp salt
- 2/3 cup Monk Fruit powdered sweetener, divided
- 1/4 cup water
- 2 tsp gelatin, unflavored
- 16 oz dairy-free cream cheese, plain (I used Daiya)
- 1/2 cup coconut yogurt, plain (I used So Delicious)

INSTRUCTIONS

Cheesecake

1. Grease an 8-inch spring form pan. Set aside.
2. Canned coconut milk should be refrigerated overnight. When ready to make recipe, flip can over and open. Remove all but 1/4 cup of the coconut water, discard remaining liquid, but scoop out the cream. Place the coconut cream and 1/4 cup coconut water into a stand mixer. Use whisk attachment and mix on high speed until thickened, could take up to 10 minutes.
3. While it's mixing, add the vanilla extract, salt and 1/3 cup monk fruit sweetener. Set aside once thickened.
4. In a small sauce pan add water and sprinkle gelatin. Bring to a boil and stir until dissolved. Set aside to cool.
5. In another mixing bowl add the cream cheese, yogurt and 1/3 cup Monk Fruit sweetener. Use a hand mixer or stand mixer and blend on high until well combined. Taste and adjust sweetness if needed. On low speed, drizzle in the cooled gelatin until combined.
6. Fold in the whipped coconut cream. Pour mixture into pan and refrigerate for 3-4 hours or overnight. Serve as is or top with blackberry syrup if desired.

Optional Blackberry Syrup (Nutrition Information does not include blackberry syrup)

1. Place blackberries and water in a small sauce pan over medium heat. Mash berries while mixture comes to a boil. Once there are no large berries and all well mashed, turn off heat. Place a fine mesh strainer over a bowl and pour in mashed berries. Use a spatula to mash berries against the mesh strainer to release all the juices so you will have a nice seedless syrup.
2. Return the strained blackberry juice to the sauce pan on the stove and heat over medium heat. Add salt, Monk Fruit sweetener and sprinkle xanthan gum. Bring to a boil, constantly stirring, about 5 minutes to thicken syrup. Remove from heat. Refrigerate for 30 minutes before pouring over chilled cheesecake.

NUTRITIONAL INFO

- Serving Size 1 slice
- Calories per serving 191
- Fat 17g
- Saturated Fat 13g
- Cholesterol 0mg
- Sodium 255mg
- Carbs 8g
- Dietary Fiber 1g
- Sugars 1g
- Protein 2g
- Net Carbs 7g



Creamy, rich and incredibly decadent this Chocolate Cheesecake is a keto indulgence any time of year. Made sugar-free, low-carb, keto, and nut-free!

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)

Chocolate Cheesecake

SERVINGS 12 **PREP TIME** 25 min **COOK TIME** 1hr 40min **TOTAL TIME** 2hr 5min

INGREDIENTS

Crust

- 3/4 cup coconut flour
- 1/2 cup salted butter, melted
- 1 tbsp Monk fruit or erythritol sweetener
- 1 tbsp unsweetened cocoa powder

Optional Toppings

- sugar-free whipped cream & strawberries

Cheesecake

- 16 ounces cream cheese, room temperature
- 1/2 cup heavy whipping cream
- 1/2 cup Monk fruit or Erythritol sweetener
- 3 eggs, room temperature
- 1 tbsp unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 1 tsp instant coffee, optional

INSTRUCTIONS

Prepare the Crust

1. Combine all crust ingredients in a large mixing bowl. Once mixed, firmly press the crust mixture evenly in the bottom and about 1 inch up the sides of a lined 9" springform pan. Bake at 350 (180C) degrees for 10 min. Set aside to cool completely. Lower oven temperature to 300F (150C).

Prepare the Cheesecake

1. Beat cream cheese at medium speed with a handheld or stand mixer until creamy. Add the heavy cream and sweetener, mix well to combine.
2. Add eggs, one at a time, making sure to mix well after each egg. Mix in the cocoa powder, vanilla and the instant coffee (if using), pour the batter into the prepared crust.
3. Place the springform pan into a large roasting pan, place it on the rack of the oven and add water to the roasting pan to a depth of about 1 inch.
4. Bake at 300F (150C) degrees for 60 minutes. The outer edges of the cheesecake will be set but center of the cheesecake will be a slightly jiggly and not completely set.
5. Turn the oven off oven and let the cheesecake sit in the oven for an additional 30 minutes.
6. Remove the pan from the water bath. Cool completely on a wire rack, cover and chill at least 8 hours or overnight.
7. Carefully remove the sides of the springform pan and transfer cheesecake onto serving platter. Garnish each slice with whipped cream and a slice of strawberry if desired.

NUTRITIONAL INFO

- Serving Size 1 slice
- Calories per serving 279 from fat 234
- Fat 26g
- Saturated Fat 15g
- Cholesterol 103mg
- Sodium 220mg
- Carbs 6g
- Dietary Fiber 3g
- Sugars 2g
- Protein 5g
- Net Carbs 3g



Combining coffee and cream cheese makes for a winning combination. You will absolutely love the flavors in this easy no-bake Coffee Cheesecake recipe!

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Coffee Cheesecake

SERVINGS 12 **PREP TIME** 20 min **CHILL TIME** 3 hours **TOTAL TIME** 3hr 20min

INGREDIENTS

Crust

- 3/4 cup unsweetened shredded coconut
- 1/2 cup sunflower seeds, unsalted raw
- 1/4 cup unsweetened cocoa powder
- 1/4 cup Swerve sweetener
- 1/4 tsp salt
- 4 tbsp butter, room temp

Filling

- 3/4 cup coffee, hot
- 2.5 teaspoons gelatin
- 16 ounces cream cheese, room temp
- 2 tsp coffee extract
- 2 tsp vanilla liquid stevia
- 1/4 tsp salt
- 1 cup heavy whipping cream

Topping

- 2 ounces 85 % dark chocolate
- 1 tbsp coconut oil

INSTRUCTIONS

1. Place coconut and sunflower seeds into food processor and blend until ground well.
2. Add the rest of the crust ingredients into food processor and process until smooth.
3. Press crust mixture with hands onto the bottom of an 8 inch spring form pan. Set aside.
4. Pour hot brewed coffee into a bowl or cup.
5. Pour in gelatin and stir until dissolved. Set aside to come to room temperature.
6. Add cream cheese into a stand mixer and blend on high until smooth.
7. Add the cooled coffee and gelatin, extract, stevia and salt. Blend on high until incorporated.
8. Pour in the heavy whipping cream and blend on high until mixture looks whipped and thickened about 5 minutes.
9. Pour onto crust in pan.
10. Refrigerate for 3 hours or overnight.
11. When ready to serve, melt chocolate and coconut oil in a small microwavable bowl for 30 seconds, stir till smooth then pour over cheesecake.

NUTRITIONAL INFO

- | | | |
|--|---------------------|--------------------|
| • Serving Size 1 slice | • Saturated Fat 20g | • Dietary Fiber 2g |
| • Calories per serving 337
from fat 288 | • Cholesterol 51mg | • Sugars 1g |
| • Fat 32g | • Sodium 256mg | • Protein 5g |
| | • Carbs 6g | • Net Carbs 4g |



This amazing and incredible decadent no-bake Pumpkin Cheesecake dessert is nut-free, gluten-free, low-carb and sugar-free!

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Pumpkin Cheesecake

SERVINGS 12 PREP TIME 20 min CHILL TIME 2 hours TOTAL TIME 2hr 20min

INGREDIENTS

Crust

- 1/3 cup unsweetened shredded coconut
- 1.5 cup sesame seeds or sunflower seeds or almond meal
- 1/2 teaspoon ground cinnamon
- 1/2 cup Swerve sweetener
- 1/4 teaspoon sea salt
- 6 tablespoons butter, softened

INSTRUCTIONS

1. Line an 8 by 8 pan or spring form with parchment paper.
2. Add all crust ingredients to a food processor and pulse until fine crumbs.
3. Evenly press crust mixture into the bottom of the pan.
4. Pour 1 cup water into a small sauce pan and heat over medium heat until simmering.
5. Add gelatin and simmer and stir until dissolved. Set aside to cool.
6. Add cream cheese to a stand mixer and blend on low until smoother in texture.
7. Add remaining ingredients and blend until all incorporated and no visible lumps of cream cheese.
8. Keep stand mixer on low while pouring in cooled gelatin and continue until it's all absorbed.
9. Pour filling onto crust and cover and refrigerate until set, about 2 hours.
10. Top with whipped cream if desired!

NUTRITIONAL INFO

- | | | |
|--|--------------------|--------------------|
| • Serving Size 1 slice | • Saturated Fat 9g | • Dietary Fiber 4g |
| • Calories per serving 253
from fat 198 | • Cholesterol 35mg | • Sugars 2g |
| • Fat 22g | • Sodium 215mg | • Protein 5g |
| | • Carbs 9g | • Net Carbs 5g |



Enjoy no-bake deliciousness with this incredible sugar-free Peanut Butter Cheesecake Mousse Pie made with a chocolaty crust, creamy filling & drizzled with chocolate syrup.

Author: Brenda Bennett | [SugarFreeMom.com](https://www.sugarfreemom.com)



LOW CARB, KETO, GLUTEN & GRAIN FREE

No-Bake Peanut Butter Cheesecake Mousse Pie

SERVINGS 12 PREP TIME 20 min CHILL TIME 2 hours TOTAL TIME 2hr 20min

INGREDIENTS

Crust

- 3/4 cup unsweetened shredded coconut
- 1/4 cup unsweetened cocoa powder
- 1/2 cup sunflower seeds raw, unsalted
- 4 tablespoons butter, melted
- 1/4 teaspoon salt
- 1/4 cup erythritol

Filling

- 8 ounces cream cheese, softened
- 1/2 cup unsweetened peanut butter
- 1 teaspoon vanilla extract
- 1 teaspoon vanilla liquid stevia
- 2 cups heavy cream

Optional Chocolate Syrup Topping

- 1/2 cup unsweetened cocoa powder
- 4 tablespoons coconut oil, softened
- 3 tablespoons Swerve confectioners

INSTRUCTIONS

1. Combine all crust ingredients in a food processor and blend until incorporated to a fine crumb.
2. Spread crust mixture into the bottom and sides of an 8 inch pie plate. Set aside.
3. In a stand mixer, blend the cream cheese until smooth then add the peanut butter, vanilla extract and stevia until combined well, no lumps.
4. Pour in the heavy cream into a large bowl and use an electric mixer to blend on high until whipped. Fold the whipped cream into the peanut butter mixture.
5. Taste and adjust sweetener if needed.
6. Spread filling mixture into crust and refrigerate 2 hours.
7. When ready to serve, whisk together the optional chocolate syrup ingredients until smooth. Heat coconut oil slightly to make syrup liquidy when pouring over pie.
8. Serve additional syrup on the side for extra on individual pieces if desired.
9. Keep pie refrigerated. Chocolate syrup does not need refrigeration.

NUTRITIONAL INFO

- | | | |
|--|---------------------|--------------------|
| • Serving Size 1 slice | • Saturated Fat 24g | • Dietary Fiber 3g |
| • Calories per serving 422
from fat 360 | • Cholesterol 30mg | • Sugars 1g |
| • Fat 40g | • Sodium 181mg | • Protein 6g |
| | • Carbs 8g | • Net Carbs 5g |



You really can't beat a thick, dense, creamy and satisfying cheesecake. This keto Cheesecake will not disappoint you. Made sugar-free, grain-free, gluten-free & crustless!

Author: Brenda Bennett | [SugarFreeMom.com](https://sugarfreemom.com)

Crustless Cheesecake



www.SugarFreeMom.com

SERVINGS 12 PREP TIME 15 min COOK TIME 1 hour TOTAL TIME 1hr 15min

INGREDIENTS

- 24 ounces cream cheese, softened
- 3 eggs
- 1 egg yolk
- 1 cup sour cream
- 1 tsp lemon juice
- 1 tsp vanilla liquid stevia
- 2 tsp vanilla extract
- 1/3 cup Swerve confectioner's sweetener
- 1 tsp baking powder
- 1/4 tsp salt

INSTRUCTIONS

1. Preheat oven to 325 degrees F.
2. Combine all ingredients into a stand mixer or use an electric hand mixer until you have no clumps and a smooth texture.
3. Grease an 8 inch spring form pan and pour the batter into the pan. Even off the top then wrap the bottom of the pan with aluminum foil.
4. Place the spring form pan into a large roasting pan. Fill the roasting pan with hot water, until half way up the sides of the spring form pan.
5. Bake for 45 minutes. Turn off oven, do not open oven door. Let the cheesecake stay in the oven for 1 hour.
6. Remove cheesecake from the oven, remove aluminum foil and cover cheesecake with plastic wrap. Refrigerate for 2-3 hours or overnight.
7. Top with sugar free whipped cream and sugar free maple syrup if desired!

NUTRITIONAL INFO

- | | | |
|--|---------------------|--------------------|
| • Serving Size 1 slice | • Saturated Fat 13g | • Dietary Fiber 0g |
| • Calories per serving 253
from fat 216 | • Cholesterol 129mg | • Sugars 2g |
| • Fat 24g | • Sodium 262mg | • Protein 5g |
| | • Carbs 3g | • Net Carbs 3g |



This adorable Red Velvet Cheesecake is a perfect dessert for you & your sweetie to share. Decadent, delicious, yet simple enough to make for a weeknight treat!

Author: Brenda Bennett | SugarFreeMom.com



LOW CARB, KETO, GLUTEN & GRAIN FREE

Mini Red Velvet Cheesecake

SERVINGS 4 PREP TIME 15 min COOK TIME 45 min TOTAL TIME 1 hour

INGREDIENTS

- 8 oz cream cheese, softened
- 2 eggs
- 1 tsp vanilla extract
- pinch of salt
- natural red food coloring
- 2 tsp chocolate liquid Stevia
- 1/2 cup unsweetened cocoa powder
- 1/3 cup sour cream

Optional Chocolate Sauce

- 3 oz sugar-free chocolate chips, melted with 2 Tbsp. butter

INSTRUCTIONS

1. Preheat oven to 325 degrees F.
2. In a stand mixer, combine the cream cheese, eggs, vanilla, salt, food coloring, and Stevia. Blend on high until smooth and well incorporated. Add in the remaining ingredients and blend on high until smooth.
3. Grease a 6-inch springform pan. Wrap the bottom of the pan with aluminum foil to form a seal, and place the pan into an 8x8-inch dish. Pour water into the 8x8 dish until it's halfway up the sides of the springform pan. Pour the cheesecake batter into the springform pan and bake for 45 minutes. Remove from the oven and let cool for 10 minutes.
4. Remove from the water bath and refrigerate 4-6 hours or overnight.
5. When ready to serve, melt the optional chocolate and butter together for 1 minute in the microwave. Mix until smooth and pour over cheesecake, if desired.

NUTRITIONAL INFO

- | | | |
|--|---------------------|--------------------|
| • Serving Size 1 slice | • Saturated Fat 14g | • Dietary Fiber 3g |
| • Calories per serving 289
from fat 234 | • Cholesterol 154mg | • Sugars 2g |
| • Fat 26g | • Sodium 230mg | • Protein 8g |
| | • Carbs 9g | • Net Carbs 6g |