



No Bake Lemon Cheesecake

Light, fluffy, lemon zest and a crumbly cheesecake crust? Sounds delicious . . . and is an easy Keto / Low Carb recipe! We were looking for the perfect summer dessert and created this . . . but you can definitely enjoy it any time of the year!

Recipe:

Crust:

- 1 ¼ C Almond Flour
- 2 T Powdered Monk Fruit or Swerve (1:1 sweetener)
- ¼ C Melted Butter
- ½ C tsp Vanilla

Mix together and spread into 6 mason jars or 8x8 pan.

Filling - Whip together until fluffy:

- 8 oz Softened Cream Cheese
- ½ C Heavy Whipping Cream

Then mix in:

- ¼ C Powdered Swerve (or powdered 1:1 sweetener)
- 1 tsp Lemon Zest
- 2 T Lemon Juice



Spread on crust and refrigerate 1+ hours.

The Keto Dad Tips and Tricks:

- We make these in 8oz mason jars - perfectly portioned! We also use the jars for jelly, snacks, etc!
- No-bake! Which means you can easily make it any size container.

Serving size: makes 6 mason jars, macros are for 1 serving

Calories: 409, Fat: 39g, Carbs: 7g, Fiber: 3g, (Net Carbs 4) Protein: 9g

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