

Low Carb Cheesecake, New York Style

Michael Keyles

Crust

- 1 cup pine nuts or almonds
- 1 cup macadamia nuts
- 2 packets or 1 tbsp Stevia
- 3 tbsp butter, melted

Filling

- 4 tbsp butter, melted
- 3 cups sour cream
- 1 1/2 cups Stevia
- 4 eggs
- 4 tsp vanilla extract
- 2 pounds Philadelphia brand cream cheese, broken into small pieces

Heat oven to 350° F.

Prepare Springform pan for water bath. Take 4 pieces of 12" square heavy duty aluminum foil. Wrap the bottom of a 9" springform pan tightly with the 4 squares to keep water from seeping into the springform pan. Spray inside of springform pan with cooking spray.

Prepare crust. Place pine nuts and macadamia nuts in bowl of a food processor. Pulse until ground but not paste-like. Add Stevia and butter and pulse to combine. Transfer to the springform pan. With your fingers gently press nut mixture to form a crust on the bottom of the pan. Bake 10 minutes, remove and cool completely.

Heat oven to 325° F.

Depending on the size of your blender, you may need to make the filling in 2 batches. Blend the sour cream, Stevia, eggs, and vanilla in a food blender for 1 minute. Add the cream cheese 1 piece at a time. Blend until smooth. Pour melted butter through the top of the blender to combine.

Place the springform pan into a large roasting pan. Pour filling into the springform pan. Set the roasting pan into the oven and add enough hot water to come about halfway up the side of the springform pan.

Bake until the center of the cake is slightly wobbly and registers 145° to 150° on an instant-read thermometer. This should take approximately 1 ½ hours.

When baking is finished, remove from oven and from the water bath. Remove the aluminum foil and discard any remaining water. Run a paring knife around the cake to loosen. Let sit to cool for 30 minutes. Refrigerate overnight, before cutting and serving.

Serves 8-12 people.

Approximately 30g net carbs in the entire cake.