AMERICAN · DESSERT

No-Bake Keto Chocolate Cheesecake

30 min · plus 4 hours to overnight chilling · Makes 16 × 1 slice (1/16 cake) · 379 kcal a portion

Video 4:23 · LowCarbSpark

Vegetarian · Gluten-free ingredients

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Almond-flour crust and a cream cheese filling sweetened with a zero-sugar powdered sweetener plus 85% dark chocolate: about 7 g net carbs and 5 g sugars a slice.

Diet notes: Keto (7.3 g net carbs a serve).

Ingredients

11 · MAKES 16 × 1 SLICE (1/16 CAKE)

- [ ] **nonstick spray**, for the pan
- [ ] 1¾ cups **superfine almond flour**
- [ ] ⅓ cup **coconut oil**, melted
- [ ] ⅓ cup **powdered sweetener** (for the crust)
- [ ] 4 tbsp **cocoa powder**
- [ ] 10 oz 85% **dark chocolate**, melted and cooled
- [ ] 18 oz **cream cheese**, softened
- [ ] 1 cup **powdered sweetener** (for the filling)
- [ ] 2 tsp **vanilla extract**
- [ ] 1 cup **heavy whipping cream**
- [ ] chopped 85% **dark chocolate**, to garnish (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Line the base of a 9 inch springform pan with baking paper and grease the sides. Mix the almond flour, cocoa, powdered sweetener and melted coconut oil until crumbly. 0:16
2. Press the crust firmly over the base and up the sides of the pan with the bottom of a glass, then chill for 10 minutes. 1:10
3. Melt the chopped 85% dark chocolate gently and let it cool a little. 1:21
4. Beat the softened cream cheese with the powdered sweetener for 1–2 minutes until fluffy. 1:52
5. Add the vanilla, the cooled melted chocolate and the cream, and mix for 1–2 minutes just until smooth and creamy — overmixing can make it runny. 2:32
6. Spread the filling over the chilled crust and refrigerate for at least 4 hours, ideally overnight, until firm. 3:22
7. Release the springform and top with chopped chocolate (or fresh berries) before slicing into 16. 3:46

> **Tip** For a completely sugar-free cheesecake, use unsweetened (100%) chocolate or sugar-free chocolate chips, as the cook suggests, and add a little more sweetener to taste.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/16 cake), gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
379 kcal	**7.2** g	**12** g	**4.8** g	**35** g	**110** mg
1,590 kJ	14% of a day	7.3 g net · 4.9 g sugars	17% of a day	19 g saturated	5% of a day
		4% of a day		45% of a day	

Energy from net carbs 8% · protein 8% · fat 84% — fits keto: 7.3 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin E 22% · Magnesium 21%

Source of (10–19%) Iron 18% · Vitamin A 18% · Zinc 12% · Omega-3 10%

Recipe and video: LowCarbSpark (@LowCarbSparks) on YouTube — youtube.com/watch?v=DSwUaKb0O2s, published 21 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/no-bake-keto-chocolate-cheesecake