

KETO CHEESECAKE FLUFF

A super easy, decadent 4-ingredient cheesecake mousse you can top with anything you like



INSTRUCTIONS

1. Whip the cream

- 1 cup heavy whipping cream

Add the heavy cream to a stand mixer and whisk until stiff peaks form. (A hand mixer or a whisk and some elbow grease works too.) Transfer the whipped cream to a separate bowl and set aside.

2. Beat the cream cheese mixture

- 8 oz cream cheese, softened
- Zest of 1 lemon
- 1/2 cup sugar-free powdered sweetener

Add the softened cream cheese, lemon zest, and sweetener to the stand mixer bowl and beat until smooth. Make sure the cream cheese is fully softened, or the fluff will end up lumpy.

3. Fold together

Pour the whipped cream into the bowl with the cream cheese mixture. Stir gently with a spatula until about halfway incorporated, then use the mixer to finish whipping until completely smooth.

4. Serve

Spoon or pipe into serving glasses and enjoy right away, or chill until ready to serve. Fresh berries make a great topping, along with toasted coconut, sugar-free chocolate chips, or a low-carb granola.

NUTRITION (per serving, makes 6)

For the cheesecake fluff only, does not include toppings

- Calories: 258
- Total Fat: 27g
- Total Carbs: 4g
- Fiber: 0g
- Net Carbs: 4g
- Protein: 4g

STORAGE

Keeps in the fridge in an airtight container for up to a week.



Recipe created by Mind-Body Functional Health.
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