

Blueberry Cottage Cheese CHEESECAKE

INGREDIENTS:

1 & ½ cups cottage cheese
½ cup almond flour
4 Big eggs
Two tbsp. coconut flour
1 cup fresh blueberries
Two tbsp. Erythritol
1 tsp. baking powder
Salt
One tsp. vanilla extract
½ teaspoon cinnamon

INSTRUCTIONS:

Warm the oven to 350 degrees F.

Apply the grease to the dish.

Mix the cottage cheese, sweetener, eggs, vanilla, & cinnamon in a big dish to make a smooth consistency.

Include baking powder, coconut flour, salt, & almond flour in the dish and mix to form the smooth batter.

Gently fold the blueberries into the batter.

Add the batter to the dish and evenly distribute the berries in the dish.

Bake the dish for thirty-five minutes till it gets brown on top.

Cool the cake slightly, make slices, and serve.

SERVING SUGGESTIONS:

TOPPING:

Sugar-free maple syrup
Keto whipped cream
Chopped pecans
Almond butter drizzle

NUTRITIONAL INFORMATION:

Caloric count: 210 kcal

Net carbs: 5 g

Total carbs: 8 g

Fiber: 3 g

Protein: 14 g

Fat: 14 g

