

JillFit Low-Carb Pumpkin Cheesecake

You will notice that this recipe uses foods that tend to be higher in fat like almond meal (good fats), butter, cream cheese, etc, not unlike traditional cheesecake. When choosing to eat fatty foods or sugary foods, I usually recommend choosing fat. Sugar is the biggest waistline enemy. So if you want to lose more fat or simply avoid weight gain during this holiday season, try to maintain a diet lower in high-glycemic index foods and moderately low in more slowly-absorbed starches.

However, you will want to watch portion sizes with something like this--it is certainly not a free-for-all. Higher fat also means higher in calories, so be prudent. More than anything, it will help you maintain throughout the holidays, especially if you try to keep your bites of goodies to 5-10 at a sitting.

Make crust:

1 + 2/3 cup almond meal
1 tsp cinnamon
1/2 tsp ginger
1/2 stick butter (melted)

Preheat oven 375 degrees F

Combine all ingredients and press into bottom and sides of a large spring form pan

Bake for 10-11 minutes until golden brown, set aside

Make filling:

3 8 oz packages of cream cheese (regular or low fat)--softened
1 15 oz can pumpkin
1 cup alternative sweetener (like erythritol best for baking)
2 tbsp cinnamon
1 tbsp ground nutmeg
1 tsp ginger
1/2 tsp allspice
1/2 tsp sea salt
1 tbsp vanilla extract
5 eggs
1/3 cup heavy cream

Preheat oven to 350 degrees F

Place cream cheese in large mixing bowl and beat until fluffy (scraping sides down often)

Add pumpkin and sweetener, beat well

Add spices and vanilla, beat well

Add eggs one by one, beating throughout

Add heavy cream and beat another 1-2 minutes

Pour mixture into pan over crust

Bake 80-90 minutes until center is no longer jiggly in the center, remove and let cool 1-2 hours

Remove sides from pan and place in refrigerator to chill until ready to serve (preferably overnight)