



PUMPKIN SWIRL CHEESECAKE

Keto-Friendly, Low Carb, Sugar-Free

Recipe by Deedee (@ketowithdeedee) and featured on MariGoldBars.com

“A yummy fall cheesecake for you guys! This one is so good and brings all the fall pumpkin flavors, and looks pretty too! You’re gonna want to press save on this post and make this soon.”

- Deedee

INGREDIENTS:

Crust

- 1/2 Cup Crushed Walnuts or Pecans (I used 1/2 Cup Pumpkin spice @lolliscookieclusters)
- 1/2 Cup Almond Flour
- 4 TBSP Melted Butter
- 2 TBSP Granulated Sweetener
- 1 TSP Cinnamon

Cheesecake

- 16 oz cream cheese, softened
- 2 Eggs, room temp
- 1/2 C Sweetener
- 2 TSP Vanilla
- 2 TBSP MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 TSP Pumpkin pie spice
- 1/2 C Pumpkin Purée

DIRECTIONS (Crust):

1. Stir all ingredients together until combined. Press into the bottom of your cheesecake pan. I used a 6 inch springform pan, you can use a larger pan for this, but it won't be as tall.

DIRECTIONS (Cheesecake):

1. Beat cream cheese until smooth.
2. Add in eggs and sweetener and mix until combined.
3. Mix in vanilla and protein powder until smooth. Reserve half of the batter and put it in a separate bowl.
4. To the rest of the batter add the pumpkin purée and pumpkin pie spice and mix until smooth.
5. Drop by spoonfuls on top of your crust, alternating between the regular cheesecake and pumpkin cheesecake batter, until all batter is used. Gently use a knife to swirl the top together.
6. Set oven to 350 degrees. This recipe does not require a water bath, but I did add a pan of hot water to the bottom rack in my oven to help bake evenly. This helps with steam and even baking, and will ensure your cheesecake won't crack. Place your cheesecake on the top rack and bake for 50-60 minutes.
7. After baking, cool for about 1 hour then refrigerate overnight or at least for a few hours before serving! I topped mine with some whipped cream and homemade caramel sauce.



Featuring MariGold
Creamy Vanilla Whey Isolate
(MariGoldBars.com)

