For Health and Long Life

This creamy caramel dessert is guaranteed to impress at a dinner party or any occasion. If you love Banana and toffee this Keto Banoffee Cheesecake is definitely one you have to try. It's absolutely scrumptious. When you bite into that creamy rich cheesecake with melt in the mouth toffee layer you are going to find it very hard to believe you are eating keto. Just the thought of this cheesecake makes my mouth water.

Servings - 16

Prep Time - 25 Mins | Cook Time - 1 Hr 20 Mins | Total Time - 1 Hrs - 45 Mins

Difficulty - Easy



Cuisine - Greek

RECIPE
KETO BANOFFEE CHEESECAKE

EQUIPMENT

Cup and Spoon Measures

Disc Kitchen Scale

8 inch Non-Stick Fluted Flan Tin

Parchment Paper

Mixing Bowls

Wooden Spoon

Electric Stand Mixer

Palette Knife

Non Stick Medium Saucepan

Balloon Whisk

Coffee Grinder

Food Processor

Jam Thermometer

Glass Cake Stand Dome

Cake Knife and Pie Server

INGREDIENTS

Cheesecake

750 g Mascarpone Cheese

4 Tbsp FHALL Low Carb Gluten-Free White Flour

1/2 Cup Monk-Fruit/Erythritol blend sweetener

Zest of 1/2 Lemon

1 Tsp Banana Powder

1/2 Tsp Banana Flavoring

3 Large eggs plus 1 yolk

250 ml Sour Cream

Base

105 g FHALL Low Carb Gluten-Free White Flour

1 Tbsp Sukrin Gold sweetener

1 Tbsp Monk-Fruit/Erythritol blend sweetener

80 g Unsalted Butter

Pinch of Himalayan Salt (Ground)

Caramel

2 Tbsp Water

3 Tbsp Sukrin Gold sweetener

3 Tbsp Allulose Sweetener (powdered)

1/2 Cup Double/Heavy Cream

1/2 Tsp Vanilla Extract

8 g Unslated Butter

Pinch of Sea Salt, Flakes

METHOD

Preheat the oven to 400°F/200°C or Fan 180°C/Gas Mark 6.

Line a 8-inch spring cake tin with parchment paper and grease well with butter and set aside.

Cheesecake

In an electric stand mixer fitted with the paddle attachment, beat the cheese at medium-low speed until creamy, about 2 minutes.

Gradually add the sweetener, then 4 tbsp FHALL Low Carb Gluten-Free white flour and a pinch of salt, scraping down the sides of the bowl and the paddle twice.

Swap the paddle attachment for the whisk. Add the banana flavoring, banana powder, lemon zest and lemon juice then whisk in 3 medium eggs and 1 yolk, one at a time.

Stir the soured cream until smooth, then measure 250 g into the mixture and continue mixing on low speed as you add the soured cream. Whisk to blend, until the mixture is airy but don't over-beat.

Brush the sides of the springform tin with melted butter and put on a baking sheet. Pour in the filling - if there are any lumps, sink them using a knife - the top should be as smooth as possible. Bake for 10 minutes.

Reduce oven temperature to 200°F/120°C or Fan 100°C/Gas Mark 1 and bake for 60 minutes more. The filling should have a slight wobble in the middle.

Base

This is probably a slightly odd way of doing the base, but it really works out and you get a perfectly baked base every time.

Mix the ingredients in a food processor until they are crumbs.

If you do not have a food processor, use your fingers to rub in the butter.

Sprinkle on top of the cheesecake and pat down until firmer, being careful not to press too hard and disturb the cheesecake. Return to the oven and cook for 8 - 10 minutes, or until the base is a light golden brown, then set aside to cool.

Make sure the sides of the cheesecake is free from the cake tin using a slim sharp knife. Using a plate at the bottom of the cake tin turn the cheesecake onto the plate.

Caramel

Using a medium, non-stick pan over a high heat, pour in the water. Pour in the sweetener and bring it to the boil. Cook for 3-4 minutes until the sweetener starts to turn golden brown.

Once the sweetener has melted, (there should be bubbles all over the mixture.) Remove from the heat and mix in the vanilla bean extract and the double cream. Thoroughly mix in the Butter and add a pinch of sea salt.

Let the caramel cool but not fully set before spreading it over the cheesecake. Spread evenly with the palette knife and place in the fridge for at least 4 hrs (preferably overnight) to set .

When set, the caramel should feel almost firm to the touch but if you put pressure on it your finger would sink in a little.

Place the cheesecake on a cake stand when ready to serve.

STORAGE

Leave cheesecake to cool and then wrap in plastic wrap. The cheesecake will keep in the refrigerator for about 5 days. If you want to freeze, use the plastic wrap and an airtight container. The cheesecake will keep for at least 30 days.

NUTRITION FACTS

Per serving : 100 g | Calories 286 | Protein 5.4 g | Fat 26.9 g | Carbs 5.3 g | Fiber 2 g
Net Carbs : 3.4 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN