

Sugar Free Cherry Cheesecake Recipe

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Ingredients:

Almond Pastry: 5 tablespoons unsalted butter, softened



5 tablespoons [Naturally Sweet Xylitol](#)
1 cup spelt flour or whole wheat pastry flour
1/4 teaspoon salt
1/4 cup ground almonds

Filling: 12 ounces low-fat cottage cheese
2 (8 oz.) packages reduced-fat cream cheese, softened
1 cup [Naturally Sweet Xylitol](#)
1/8 teaspoon salt
3 eggs
1 3/4 teaspoons cherry flavoring
1/3 cup low-fat plain yogurt
1/3 cup reduced-fat sour cream
1/3 cup finely chopped dried cherries that have macerated in 3 tablespoons cherry liqueur
for 1 hour or until cherries have absorbed all the liqueur

Method:

To prepare crust:

Cream together butter and [Naturally Sweet Xylitol](#) until light and fluffy. Stir in flour, salt, and almonds. Lightly butter bottom of 9" springform pan. Cut parchment paper to fit bottom of pan only. Press half of dough onto bottom of pan (sides removed). Bake at 350 degrees for 10-12 minutes or until very light golden. Remove from oven, and allow to cool completely. Attach sides to bottom of pan, and press remaining dough from bottom of pan 1" up sides of pan.

To prepare filling:

Process cottage cheese in blender or food processor until smooth and creamy. Beat cream cheese and [Naturally Sweet Xylitol](#) until light and fluffy; blend in creamed cottage cheese and salt. Add eggs, one at a time, beating until just blended. Gently fold in yogurt, sour cream, and cherries.

Recipe Courtesy of karenshealthykitchen.com