



Keto Berry Cheesecake



INGREDIENTS

16 ounces cream cheese
1 cup Heavy Whipping Cream
1/3-1/2 cup sweetener (depending how sweet you like it)
Juice from 1 lemon
Zest from 1 lemon
8 ounces raspberries (or whichever berry you prefer)

DIRECTIONS

In a medium bowl, beat the cream cheese until soft and smooth. Add the lemon zest, lemon juice and sweetener (we only added 1/3 c but if you like it more sweet, you may want to add more). Mix the ingredients.

In another bowl, whip the heavy cream until it forms peaks at the top. Fold the whipped cream into the cream cheese mixture. Finally, fold the raspberries in and put it in the refrigerator! Serve it up in a cup and enjoy!

MACROS:
5 carbs
4g protein
28g fat
308 calories