

SUGAR-FREE CHEESECAKE



I can't seem to get enough cheesecake these days, this being my third cake in a month! In an effort to cut my carb consumption I decided to whip up a low carb, sugar-free version. Light and airy, this delicious dessert really hits the spot after a long day of low carb dieting.



Sugar Free Cheesecake

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Serves 8

Crustless, low in carbohydrates and sugar free, this recipe substitutes Splenda for granulated sugar.

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[Prep Time](#)

15 min

Cook Time

1 hr 30 min

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Ingredients

1. 4 large eggs separated
2. 3 packages cream cheese (24 ounces)
3. 1 cup granular Splenda
4. 1/2 cup sour cream
5. 1 teaspoon butter
6. 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 425
2. Prepare a deep souffle dish with 1 teaspoon butter, making sure to reach all sides to the top rim
3. In a large bowl, cream together 4 egg yolks (reserve whites for meringue) with Splenda adding Splenda 1/4 cup at a time, until smooth and pale yellow
4. Add room temperature cream cheese, sour cream, vanilla, blend until very smooth
5. In a clean bowl, beat egg whites until stiff peaks form
6. Fold egg whites into cream mixture
7. Pour mixture into prepared baking dish
8. Bake at 425 degrees for 10 minutes, reduce heat to 250 degrees and bake additional 40-60 minutes
9. remove, and cool at room temperature for 30 minutes, refrigerate overnight

Notes

1. Cake will fall slightly after cooling

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