

Vanilla Bean Cheesecake

A ten-ingredient cheesecake with only 5 grams of net carbs? No, you're not dreaming! While this cheesecake may seem too good to be true, it's a breeze to make in the pressure cooker—and the texture is smooth as silk. If you can't find a fresh vanilla bean, you can add a little extra vanilla extract—but the fresh vanilla imparts a flavor that makes this cake truly special. The hardest part is waiting for it to chill, but your patience will be rewarded!

1. To prevent the crust from getting soggy, cut a piece of foil the same size as a piece of paper towel. Cover the foil with the paper towel and set a 6-inch springform pan on the paper towel. Bring up the edges of the foil. Make sure you don't skip this step because no one likes a soggy crust on their cheesecake!

2. In small bowl, combine the almond flour and 1 tablespoon erythritol. Add the melted butter and stir until combined. Press the mixture into the bottom of the pan.

In a large bowl, with an electric mixer, beat the cream cheese for 30 seconds. Scrape the seeds from the vanilla bean into the bowl. Add the $\frac{2}{3}$ cup erythritol and beat at medium speed until combined. Beat in the eggs and cream. Beat in the lemon zest, lemon juice, and vanilla. Pour the batter over the crust.

Pour 1 cup water into the Instant Pot. Place a trivet with handles in the pot and place the cheesecake on the trivet. Cover the cheesecake with a piece of foil. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 45 minutes. At the end of the cooking time, use a natural release to depressurize for 10 minutes, then quick-release the remaining pressure.

Carefully remove the pan and trivet. Remove the foil/paper towel from the outside of the pan. Let the cheesecake cool on a wire rack for 1 hour. Cover and refrigerate for at least 4 and up to 24 hours. Run a knife around the cheesecake, then loosen and remove the sides.

10 INGREDIENTS OR LESS

Serves: 6

Active prep time: 15 minutes

Cook time: 45 minutes

- $\frac{3}{4}$ cup almond flour
- $\frac{2}{3}$ cup plus 1 tablespoon granular erythritol, divided
- 2 tablespoons butter or ghee, melted
- 12 ounces cream cheese, at room temperature
- 1 vanilla bean, split lengthwise
- 3 large eggs
- $\frac{1}{4}$ cup heavy cream
- 1 teaspoon grated lemon zest
- 2 teaspoons fresh lemon juice
- 1 teaspoon vanilla extract

Per serving: Calories: 386 • Total Fat: 37 g • Protein: 10 g • Total Carbs: 30 g • Fiber: 2 g • Erythritol: 23 g • Net Carbs: 5 g