FROM OUR KITCHEN

Cathy & Walker's
Chocolate Pecan Cheesecake

LOW-CARB / CREAMY / PECAN-CRUSTED







Two 6-oz ramekins **300°F oven** **~40 min bake**

INGREDIENTS

PECAN CRUST

- 1/2 cup finely chopped pecans
- 2 tbsp melted butter
- 2 tsp Splenda Monk Fruit sweetener

CHOCOLATE FILLING

- 8 oz cream cheese, softened
- 1/4 cup plain unsweetened yogurt
- 1 large egg
- 1 1/2 tbsp unsweetened cocoa powder
- 2 tbsp melted chocolate baking chips
- 1/4 cup Splenda Monk Fruit sweetener
- 1/4 cup chopped pecans
- 1/2 tsp vanilla (optional)

A smooth, sliceable chocolate cheesecake with a generous buttery pecan base. Developed and taste-tested in two batches.

RECIPE & METHOD ON PAGE 2

THE METHOD

Chocolate Pecan Cheesecake

01 MAKE THE CRUST

Combine the chopped pecans, melted butter and sweetener. Divide between two 6-oz ceramic ramekins and press firmly into the bottoms. The tested crust was about 1/2 inch thick.

02 MIX THE FILLING

Beat **only the softened cream cheese** with an electric mixer until smooth. Melt the chocolate chips gently and cool until just warm. With a spatula, fold in yogurt, chocolate, cocoa, sweetener and optional vanilla.

03 ADD EGG & PECANS

Whisk the egg gently in a separate bowl and let bubbles settle. Fold it into the batter by hand, followed by the chopped pecans. Avoid whipping air into the mixture.

04 FILL & BAKE

Divide the batter between ramekins and smooth the tops. Bake on a sheet at **300°F for about 40 minutes**, checking the center with a probe. Remove from oven when internal temperature reaches **150°F**. Carryover cooking should raise the internal temperature to over 160°F.

05 COOL & CHILL

Move ramekins off the hot sheet onto a wire rack. Cool about one hour, then refrigerate for at least 3–4 hours. Carefully slide a knife around the edge of a ramekin to loosen, then lift out the chilled cheesecake and slice.

06 SERVE

Enjoy plain or top with whipped cream and a cherry. For a consistently low-carb dessert, choose low-sugar chocolate chips and toppings.

ESTIMATED CARBOHYDRATES

12–18 g net carbs per whole cheesecake

About 3–5 g net carbs per quarter-cheesecake slice.

Estimate assumes regular semisweet chocolate chips, unsweetened yogurt, and zero-net-carb monk fruit/erythritol sweetener. Sugar-free chips may lower the total; whipped cream and cherries add carbs. Check product labels.