

# Keto Chocolate Chip Cheesecake Bars

## Ingredients

**\*\*For the Crust:\*\***

- 2 cups almond flour
- 1/3 cup coconut flour
- 1/2 cup melted butter
- 1/3 cup keto sweetener
- 1 large egg
- 1 tsp vanilla extract
- 1/2 cup sugar-free chocolate chips

**\*\*For the Cheesecake Layer:\*\***

- 16 oz cream cheese (softened)
- 1/3 cup keto sweetener
- 2 large eggs
- 1 tsp vanilla extract
- 1/4 cup sour cream or full-fat Greek yogurt
- Optional: extra chocolate chips for topping

## Instructions

1. Preheat oven to 350°F (175°C). Line an 8x8 or 9x9 pan with parchment paper.
2. In a bowl, mix almond flour, coconut flour, melted butter, sweetener, egg, and vanilla. Stir in chocolate chips.
3. Press 2/3 of dough into the pan. Reserve the rest.
4. In another bowl, beat cream cheese and sweetener until smooth. Add eggs one at a time, then mix in vanilla and sour cream.
5. Pour cheesecake mix over the crust. Crumble remaining dough on top and add extra chocolate chips.
6. Bake for 30-35 minutes until set and lightly golden. Chill for 3 hours before slicing.

## Nutrition Info (Per Bar - 12 servings)

- Calories: 210
- Fat: 18g

## **Keto Chocolate Chip Cheesecake Bars**

- Carbs: 6g
- Fiber: 2g
- Net Carbs: 4g
- Protein: 5g