

Slow Cooker Chocolate-Amaretto Cheesecake

Prep time: 15 minutes plus 1 to 2 hours standing time and overnight chilling • Cook time: 2½ to 3 hours • Serves 12 • Serving size: ½ recipe

Each serving has: 20 grams nutritive carbohydrate • 5 grams total protein • 4 grams from animal source • 1 gram from plant source

1 cup ricotta cheese
12 oz. cream cheese
¾ cup sugar
2 eggs
3 TB. whipping cream

¼ cup amaretto liqueur
¼ cup plus 1 TB. unsweetened cocoa powder
¼ cup flour
1 tsp. vanilla extract
⅓ cup semisweet chocolate morsels



Recipe for Success

This cheesecake is high in complete protein and low in carbs, plus it blends two wonderful flavors into a luscious dessert. By using the slow cooker, the cheesecake comes out very moist.



Table Talk

To lower the carbohydrate count of other cheesecake recipes, eliminate the crust. Make the recipe as normal, with the same size pan and same bake time.

Because of the time involved in cooling and chilling, this dessert is best made the day before serving.

Beat ricotta cheese and cream cheese with sugar until smooth; add eggs and whipping cream, and beat with a handheld electric mixer on medium for about 3 minutes. Add amaretto, cocoa powder, flour, and vanilla; beat for about 1 more minute. Stir in chocolate chips, and pour mixture into a 7-inch springform pan.

Place cheesecake pan on a rack in a slow cooker (or use a “ring” of aluminum foil to keep it off the bottom of the cooker). Cover and cook on high for 2½ to 3 hours. Let stand in the covered cooker (after turning it off) for about 1 to 2 hours, until cool enough to handle. Cool thoroughly before removing sides of pan. Chill before serving, and store leftovers in the refrigerator.

