

Keto Pumpkin Cheesecake With Bourbon-Spiked Whipped Cream

- **Modified from Emeril Lagasse's Pumpkin Cheesecake Recipe:** <https://www.emerils.com/124047/pumpkin-cheesecake-bourbon-spiked-cream>
- **Keto Vanilla Wafer Recipe Courtesy Of Inspector Gorgeous:** <https://www.inspectorgorgeous.com/2019/08/buttery-keto-vanilla-wafers-that-are-actually-crisp/>

Ingredients:

Vanilla Wafers:

- 1 Cup Super Fine Almond Flour
- 1/4 Cup Powdered Swerve or Erythritol
- 1 Tsp Baking Powder
- 1 Pinch Sea Salt
- 1 Tbsp Vanilla Extract
- 3 Tbsp Unsalted Butter, Softened

Crust:

- 2 Cups Crushed Keto Vanilla Wafers
- 1/2 Cup Ground Pecans
- 1 Stick Butter, Cubed

Cheesecake Filling:

- 2 Lbs Cream Cheese, Cubed & Softened
- 1 Cup Brown Sugar Substitute
- 6 Eggs
- 1/2 Cup Heavy Cream
- 3/4 Cup Fine Blanched Almond Flour
- Pinch of Salt
- 1 Tsp Pumpkin Pie Spice or Cinnamon
- 1 Tsp Vanilla
- 1 Can (15 Oz) Pumpkin Purée
- 1/4 Cup Bourbon or Whiskey

Whipped Cream:

- 2 Cups Whipping Cream
- Powdered Swerve or Erythritol
- Dash of Bourbon or Whiskey

Instructions:

Vanilla Wafers:

- In a large bowl, whisk together the Almond Flour, Baking Powder, Sweetener, & Salt. Pour in the Vanilla Extract & stir.
- Chop the butter into 4-5 chunks & add to the flour. Using your hands, begin to work the butter into the flour mixture until a dough forms. Work quickly to avoid melting the butter! Wrap in plastic wrap & refrigerate for 30 minutes.
- After removing dough from refrigerator, heat oven to 350°F & line a large baking sheet with parchment or a silicone baking mat.
- Scoop about 1 Tbsp of dough & form into a ball. Place on the prepared baking sheet, then use your fingers to gently flatten the dough. Repeat until all of the dough has been used. The cookies won't spread, so they can be arranged closely on the baking sheet.
- Bake for 9 minutes, watching until the edges are brown. They make bake up to 12 minutes depending on how long you chill your dough.
- Transfer the baked cookies to a cooling rack; they will be delicate when hot. Let the cookies cool completely for maximum crispness. After about 1 hour they will firm up & continue to get crispy.

Crust:

- Line the bottom of a greased 9” springform pan with a circle of parchment paper cut to size.
- Cube 1 stick of butter.
- Carefully melt in a small saucepan over low heat until browned.
- While butter is browning, crush vanilla wafers & pecans in a food processor fitted with a metal blade. **NOTE:** If you do not have a food processor, place the vanilla wafers & pecans in a Ziploc bag & crush using a rolling pin.
- Combine crushed vanilla wafers, ground pecans, & melted butter together.
- Press mixture into the springform pan, starting with the bottom. Place in freeze to set for 5 minutes. Once set, remove the pan from the freezer & press mixture as far up the sides the pan as possible. Place in freezer to set for an additional 5 minutes.

Cheesecake:

- Preheat oven to 350°f.
- In a food processor fitted with a metal blade, mix the cream cheese until smooth. Add the brown sugar substitute & process until blended. **NOTE:** If you don’t have a food processor, a handmixer can also be used.
- Add the eggs one at a time, processing until fully incorporated, then blend in the heavy cream.
- Add the almond flour, salt, pumpkin pie spice (or cinnamon) & vanilla, blending until smooth.
- Add the pumpkin & bourbon or whiskey, blending until smooth.
- Pour the filling over the crust in the pan.
- Bake in a water bath for 1 hour, 15 minutes, or until the cheesecake is just set. Remove from the oven. Use a knife to loosen the cake from the side of the pan; this will prevent it from splitting down the center. Let cool completely before slicing.
- Pour whipping cream into a chilled glass or metal mixing bowl. Using an electric hand mixer, whip the whipping cream until stiff peaks form, adding bourbon/whiskey & powdered Swerve/erythritol to taste. Refrigerate immediately.
- Remove the side of the springform pan & slice the cheesecake. Top each slice with some bourbon whipped cream.

Macros Per Serving:

- Calories: 686g
- Fat: 62g
- Carbohydrates: 14g
- Fiber: 3g
- Net Carbs: 11g
- Protein: 9g