

No Sugar Added Chocolate Covered Cheesecake Squares

24 Pieces

This recipe is time intensive, but the hands on time isn't too bad. Coating the squares can be tricky. They won't all look beautiful. But give a bite to anyone and they won't care.

As far as sugar, there's practically none: three grams in the cream cheese and two grams in the oatmeal, meaning each piece has .2 grams of sugar each!

Crust

1 cup oatmeal

1/2 cup walnuts

1/4 cup sugar substitute (I prefer Truvia)

1/4 cup butter, melted (1/2 stick)

Preheat oven to 325 degrees. Line an 8-inch by 8 inch baking dish with tinfoil. Coat with non-stick cooking spray.

In a food processor, chop 3/4 cup oatmeal, walnuts, and truvia until well blended and nuts are fine (about 12 pulses). Stream in butter, pulsing 4 to 5 more times, until coarse crumbs form. Using your hand, combine remaining 1/4 cup oatmeal until well mixed.

Dump crust mixture into prepared baking dish and push down to create one even layer. Bake for 15 – 20 minutes until crust becomes slightly firm to the touch. Remove from oven and set aside to cool.

Filling

1 8-ounce package cream cheese, room temperature

1 egg

2 TBS fresh squeezed lemon juice

1/2 TBS vanilla

1/4 cup sugar substitute (I prefer Truvia)

Preheat oven to 350 degrees.

In a stand mixer, blend all ingredients until batter is smooth, scrapping down sides as necessary. Pour batter on top of the cooked crust. Bake for 20 minutes or until cheesecake is set.

Remove from oven. Allow to cool until baking dish can be covered with plastic wrap. Cover and refrigerate until cold, at least 1 hour.

Chocolate Coating

1/4 cup butter (1/2 stick)

9-ounces sugar free chocolate, broken into pieces. (Simple Lite is my favorite sugar free chocolate. It doesn't have that chalky texture you often find with other brands. Trader Joes carries it. 9-ounces is about 2 1/2 bars.)

Create your own double boiler using a small saucepan and glass bowl. Add a small amount of water to the saucepan and set the glass bowl on top, making sure the water is shallow enough it doesn't touch the bowl.

NOTE: While you could use the microwave (and I often do), sugar free chocolate is more temperamental than it's insulin-spiking sister and burns easily. Using a double boiler gives you more control, helping eliminate scorching.

Add butter and chocolate to glass bowl. Bring saucepan water to a simmer. As butter and chocolate begin to melt, stir together constantly until fully combined. Remove from heat.

Coating Cheesecake

Line a cookie sheet with parchment paper.

Remove cooled cheesecake from the refrigerator. Lift carefully from baking dish onto a cutting board. Fold down sides of tinfoil. Cut into 25 equal squares.

Using your hands, carefully lift one square. Dip it into chocolate, turning the square over to fully coat. Remove from chocolate bath and place on prepared cookie sheet. Repeat with remaining squares.

NOTE: If the chocolate is too hot to dip your hands into, use a rubber spatula to lift up one side of the square. This will let you grab it while it's not in the chocolate bath.

Place coated squares in the refrigerator until chocolate has hardened. Serve cold or transfer to a sealed container and keep for up to one week (if they last that long).

Baguette Taste – Wonder Bread Budget