



Basque Cheesecake



Gluten and sugar-free

I made my decision in 2005 to avoid sugar and gluten (you can read all about it on [about me](#) page). It is working very well for me. But I am human, and from time to time I, too, like to indulge in a sweet, creamy, melt-in-your-mouth cheesecake. Committed to my sugar and gluten-free agenda and mission, here is a ketogenic cheesecake.

Once I came across the original recipe for this simple but incredibly decadent cake, I knew I could easily make it friendly to me. And y'all get to enjoy the results of my trials and errors. Lucky you.

Even my husband who loves (sweet) cheesecake (cheesecake is his favorite dessert!) now loves the fact that it is not overly sweet. When I make it for him and I know I am not going to partake, I will add a little bit more honey... just a little bit more.

- ♥ 500 gr. cream cheese
- ♥ 4 eggs
- ♥ 1 tbsp. almond flour
- ♥ 4-5 tbsp. good quality honey or good quality maple
- ♥ 250 ml heavy cream

1. Warm up the oven to 430 degrees (220 Celsius)
2. In a big bowl, and with a hand mixer, mix and stir the cheese to soften it first.
3. Add the eggs slowly - one by one - until smooth and mixed well.
4. Add the almond flour and the honey or maple (I use 2-3 tbsp. of honey and 2 tbsp. of maple.), and keep mixing well with the hand mixer.
5. Add the heavy cream and mix well until smooth and creamy.
6. Crinkle parchment paper and place it to cover the bottom and sides of an 8-inch round spring baking pan.
7. Pour the mixture into the pan.
8. Bake for 28-30 minutes until the top is dark brown. Traditionally, it should even look burnt.
*See my personal preference note in the comments below.
9. Take the cake out. It will still be shaking and vibrating. Leave it to rest on the counter for 4 hours. DO NOT TOUCH!
10. Chill in the fridge for at least an extra couple of hours.
11. Now dive in!

- You can taste, and then add more honey and/or maple but I don't recommend making it overly sweet. Once you remove sugar from your life, a little sweetness goes a long way.
- Traditionally it is called Burnt Basque Cheese Cake. I found out that I prefer to underbake it as it's creamier and the color is more attractive. So, I bake it for 28-30 min... depending on your oven. But you could easily go for 35 min. Just watch it.