



Sugar Free Cheesecake Mousse

- Prep Time 5 mins
- Total Time 5 mins
- Servings 6 servings
- Calories 269kcal

Ingredients:

- 8 ounces cream cheese softened
- 1/3 cup powdered erythritol or less to taste
- 1/8 teaspoon stevia concentrated powder optional
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon lemon extract
- 1 cup heavy whipping cream or regular heavy cream

Instructions:

- Beat cream cheese until smooth.
- Mix in erythritol, stevia, vanilla, and lemon extract until well combined.
- In separate bowl, beat heavy cream with mixer until stiff peaks form.
- Fold half of the whipped cream into cream cheese mixture until well incorporated. Fold in the other half of the whipped cream.
- Beat with an electric mixer on high until light and fluffy.
- Refrigerate for at least two hours. Pipe or spoon into individual serving dishes. Top with fresh fruit or sugar-free chocolate, if desired.

Notes:

The recipe can be doubled to use as a pie filling. If replacing powdered erythritol with a regular powdered sweetener, omit the stevia or cut back on the sweeteners. It's not essential to fold the whipped cream into the cream cheese mixture. It can be added and then whipped in with an electric mixture.