



## Zen & The Art of Cooking With Pressure

### **Keto Cinnamon Bun Inspired Cheesecake in the InstantPot**

Yield: 1 - 6" x 3", 8 - 10 servings

Gluten-free, low carb, Keto, sugar-free, high-fibre, grain-free, vegetarian

Preparation time: 10 minutes

Cooking time: 35 minutes on High pressure, 15 minutes natural pressure release (NPR)

#### **Ingredients:**

For the crust:

3/4 cup almond meal (use raw almonds, skin on)

1/4 cup unsweetened shredded coconut

2 Tbsp Erythritol + Monkfruit sweetener

1 tsp ground cinnamon

2 Tbsp melted butter

For the cheesecake batter:

2 x 8 oz full-fat cream cheese at room temperature

1/3 cup Ricotta cheese

1/4 cup Erythritol & Monk fruit sweetener

1 Tbsp arrowroot flour

2 eggs

1 tsp vanilla extract

pinch of salt

For the cinnamon-nut crumble:

1/3 cup Erythritol + Monkfruit sweetener

1 Tbsp ground cinnamon

1/3 cup chopped pecans

#### **Method:**

1. Place all the ingredients for the crust in a small bowl. Stir with a fork until combined. Press into the prepared baking pan and set aside. In another bowl combine the ingredients for the cinnamon-nut crumble.
2. Place cream cheese, Ricotta, sweetener, eggs, arrowroot flour, salt, and vanilla into the mixing bowl. Mix on high until all ingredients are combined and creamy.
3. Pour 1/3 of the filling into the pie crust. Sprinkle with cinnamon-nut mixture. Repeat these two steps. Top with the cheesecake batter.
4. Pour 1 1/4 cup water into the electric pressure cooker inner liner. Insert a trivet into the pot and place the cheesecake onto the trivet.
5. Lock lid in place. Set electric pressure cooker to High and dial the time to 35 minutes. Press start. When pressure cycle is complete let pressure release naturally for 15 minutes. Quick release any remaining pressure. Remove the cheese cake from the electric pressure cooker and

## Zen & The Art of Cooking With Pressure

let cool on a rack. When it has reached at room temperature, run a knife between the crust and the pan and remove the springform pan ring.

7. Slip cheesecake onto a serving dish, cover with plastic food film and refrigerate for 8 hours or overnight until serving.

8. Sprinkle with remaining cinnamon-nut crumbs. Serve with your favourite cuppa. Enjoy!