# Keto Pumpkin Cheesecake Muffins

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Now that Summer is behind us... it's that wonderful time of year where it's all about the comfort food! Keto Pumpkin Cheesecake Muffins is the perfect balance of fall spices and rich cream cheese packed into a yummy keto muffin! Bring the pumpkin spice and everything nice back to your keto/low carb kitchen this fall with this easy, "not your basic" Pumpkin Cheesecake Muffins! 3 Net Carbs

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| Course | Dessert |
| Cuisine | American |
| Keyword | almond flour, easy, keto dessert recipe, muffins |
| Prep Time | 10 minutes |
| Cook Time | 25 minutes |
| Total Time | 35 minutes |
| Servings | 12 |
| Calories | 237kcal |
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## Equipment
- Hand Mixer

## Ingredients
- 2 Cups Almond flour
- 1/2 teaspoon Cinnamon
- 1/4 teaspoon Nutmeg
- 1/2 teaspoon Salt
- 1/2 Cup Granulated Lakanto sweetener
- 1 teaspoon Baking soda
- 1 Cup Pumpkin puree
- 1/4 Cup Melted Butter
- 1 teaspoon Vanilla
- 2 Large Eggs
- 8 Ounces Cream cheese, softened
- 1/4 Cup Powdered Lakanto sweetener

## Instructions
1. Preheat the oven to 350F and line a 12 cup cupcake tin with liners.
2. Spray the inside of the liners with cooking spray.

### For the Cheesecake Filling:
1. In a medium mixing bowl, combine the cream cheese and the powdered sweetener with an electric mixer, set aside.
2. In a large mixing bowl, combine the almond flour, cinnamon, nutmeg, salt, granulated lakanto and baking soda.
3. Now add in the pumpkin puree, melted butter, vanilla and eggs.
4. Mix into a smooth batter.
5. Divide evenly into the muffin cups.
6. Now spoon in the cream cheese mixture evenly on top of the pumpkin mixture.
7. Swirl with a toothpick or a butter knife.
8. Bake in the preheated oven for 25 minutes.
9. Remove from the oven and let stand for 10 minutes before serving.

## Nutrition
Serving: 12g | Calories: 237kcal | Carbohydrates: 6g | Protein: 7g | Fat: 21g | Saturated Fat: 7g | Fiber: 3g | Sugar: 2g
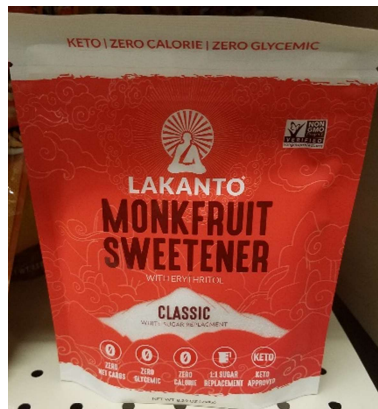
Used this for whole recipe
Didn't have Powdered version

Didn't spray liners it's so moist

Step 6

Swirl with Knife
2nd time with Toothpick – not as messy with toothpick

Done

Wait 10 minutes....YUM – so delicious and moist!