50+ Healthy Sugar-Free, Gluten-Free Cheesecake Recipes

Creamy, irresistible and perfect for enjoying or selling

A premium recipe book for making sugar-free, gluten-free cheesecakes with an elegant look, healthy ingredients and a clear structure for baking and selling. Inspired by real flavors, creamy textures and clean decorations that raise perceived value.





Welcome

This ebook brings together 50 healthy cheesecake recipes designed for premium flavor, creaminess and presentation, with no sugar and no gluten. You'll find firm crusts, smooth fillings, baked and no-bake versions, plus mini formats ideal for selling. Every recipe is laid out clearly, with yield, storage, ingredients and detailed steps. The goal: to help you make spectacular desserts that win people over and also bring in income with a healthy gourmet image.

Who is this ebook for?

Healthy-eating lovers

People looking for lighter desserts, with no sugar or gluten, without giving up flavor.

Intolerances and preferences

Anyone who needs suitable alternatives with clear, easy-to-find ingredients.

Entrepreneurs

Ideal for selling by the slice, as minis or whole, with high perceived value.

Elegant menus

To add creamy, premium options to menus, display cases and special boxes.

Cheesecake lovers

Anyone who wants a variety of flavors, perfect textures and flawless presentation.

Table of Contents

01

Module 1

Classic Healthy Cheesecakes (Recipes 1–10)

02

Module 2

Chocolate & Bold Flavors (Recipes 11–20)

03

Module 3

Fruit & Fresh Flavors (Recipes 21–30)

04

Module 4

No-Bake & Gourmet Cheesecakes (Recipes 31–40)

05

Module 5

High-Protein & Made to Sell (Recipes 41–50)

Plus practical guides on ingredients, tools, storage and selling to boost your production.



Introduction

Healthy cheesecakes have huge potential because they say elegance, quality and health. They feel premium, work with endless flavors and can be sold whole, by the slice or as minis. They're great for personal enjoyment and for business, shine in orders and special boxes and offer an excellent effort-to-value ratio. This book focuses on texture, stability, presentation and clear steps so you get consistent results that are ready for photos — and for selling.

Most-used base ingredients



Almond flour

A versatile gluten-free base that adds flavor and structure.



Gluten-free oats

Ground for firmer, more rustic crusts.



Pure cocoa

Intense color and flavor with no sugar.



Shredded coconut

Texture and tropical aroma; fine shreds work best.



Light cream cheese

A creamy, light base.



Greek yogurt

Softens and adds moisture and protein.



Vanilla

A warm, premium aroma.



Erythritol

A baking-friendly sweetener.



Coconut oil

Helps bind crusts.

Also: nuts, berries, sugar-free chocolate, lemon, strawberries, pistachios and unflavored gelatin (in no-bake recipes).

Sweeteners, swaps and tips

Suitable sweeteners

Erythritol or xylitol for baking; add stevia to fine-tune sweetness.

Sugar-free and gluten-free

Use certified ingredients and check labels (cocoa, oats, chocolate, protein).

Swaps

Gluten-free oats for almond flour (adjust the fat); shredded coconut for part of the almond flour for aroma.

Baked vs. no-bake

Baked: classic texture. No-bake: gelatin for firmness and faster production.

Suitable products

Light cream cheese at room temperature; thick yogurt to avoid too much liquid.

Basic tools



Bowl

For mixing the crust and filling.



Spatula

Smooths tops and edges.



Springform pan

Clean release; a 7-in (18 cm) pan.



Parchment paper

A nonstick base.



Refrigerator

Ideal setting and resting.



Whisk

Combines without adding too much air.



Measuring spoons

Precision for sweeteners and gelatin.



Individual molds

For mini cheesecakes.



Oven

Even baking at 170 °C (340 °F).



Airtight containers

For storing and selling.

Key tips for great results

Compact crust

Press firmly and chill 10 min before baking or filling.

No cracks

Don't overbake; take it out when the center still jiggles slightly.

Mix just enough

Combine without overbeating to avoid air and sinking.

Doneness

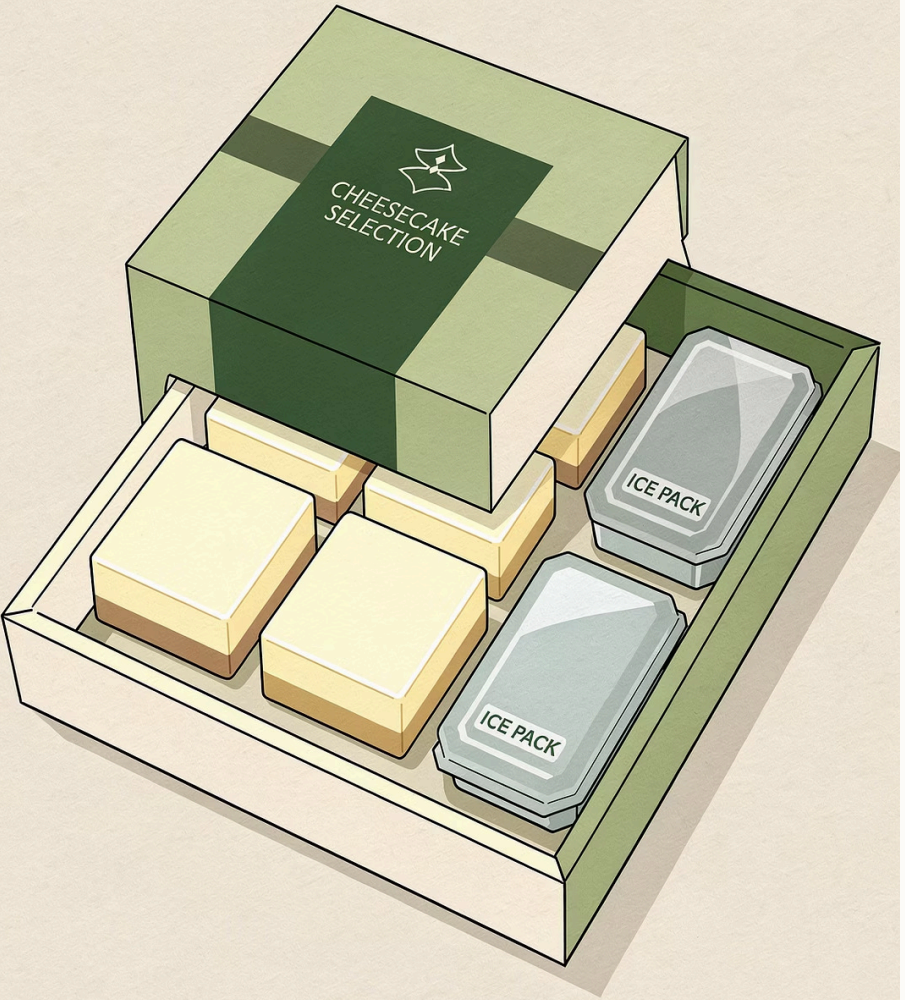
170 °C (340 °F); set edges, jiggly center. Cool gradually.

Cooling and resting

Chill at least 4 h (overnight is best) for a silky texture.

Presentation

Clean slices with a warm knife; fine, minimalist decorations.



Quick guide: storage, presentation and selling

Storage

Refrigerated in airtight containers for 4–5 days. Always transport chilled.

Selling by the slice

Clean cuts and consistent weight. Label "sugar-free and gluten-free."

Minis and whole

Minis for boxes and display cases; whole cheesecakes for orders and events.

Perceived value

Elegant decoration, premium flavors, careful packaging, a product info card.



Module 1 — Classic Healthy Cheesecakes

Creamy, balanced and timeless. Firm crusts, fragrant vanilla, subtle cinnamon and homey notes with a premium finish. Ideal for your core menu and first sales.

1. Classic Healthy Vanilla Cheesecake

Smooth, fragrant and the perfect base for endless decorations.

Yield

1 cheesecake (7 in / 18 cm) or 8 slices

Storage

5 days refrigerated

Ingredients

Crust

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp melted coconut oil
- 2 tbsp erythritol

Filling

- 400 g (14 oz) light cream cheese
- 200 g (¾ cup + 2 tbsp) plain unsweetened Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1½ tsp vanilla

Step-by-step directions

1. Preheat the oven to 170 °C (340 °F).
2. Mix the crust until moist and press into a lined pan.
3. Beat the cream cheese with the erythritol until smooth.
4. Add the yogurt and vanilla, then the eggs one at a time, without overbeating.
5. Pour over the crust and bake 35–45 min: set edges, jiggly center.
6. Cool and chill at least 4 h.

Tips

- Don't overbake; resting improves the texture.
- Decorate with berries to make it pop.

Selling idea

An ideal base recipe, classic or decorated.

2. Healthy Lemon Cheesecake

Fresh, fragrant and with a balanced tang you'll love.

Yield

1 cheesecake (7 in / 18 cm)

Storage

5 days refrigerated

Ingredients

Crust

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp coconut oil
- 2 tbsp erythritol

Filling

- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- Zest of 2 lemons
- 2 tbsp lemon juice
- 1 tsp vanilla

Step-by-step directions

1. Preheat to 170 °C (340 °F). Make and press the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, zest, juice and vanilla.
4. Add the eggs one at a time.
5. Bake 35–45 min. Cool completely and chill.

Tips

- Don't skip the zest: it adds deep flavor.
- Don't overdo the juice or the filling gets runny.

Selling idea

A fresh, elegant, very sellable presentation.

3. Healthy Coconut Vanilla Cheesecake

Tropical aroma, soft crumb and a silky finish.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

Crust

- ¾ cup (72 g) almond flour
- ½ cup (40 g) unsweetened shredded coconut
- 2 tbsp coconut oil
- 2 tbsp erythritol

Filling

- 400 g (14 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ½ cup (40 g) fine shredded coconut
- 1 tsp vanilla

Step-by-step directions

1. Oven at 170 °C (340 °F). Mix the crust and press it into the pan.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, coconut and vanilla.
4. Add the eggs.
5. Bake 35–40 min. Cool and chill.

Tips

- Fine coconut improves the texture.
- Decorate with toasted coconut.

Selling idea

A very appealing tropical or gourmet line.

4. Healthy Cinnamon Cheesecake

A warm aroma and comforting profile with an elegant finish.

Yield

1 cheesecake (7 in / 18 cm)

Storage

5 days chilled

Ingredients

Crust

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground oats
- 2 tbsp coconut oil
- 2 tbsp erythritol
- ½ tsp cinnamon

Filling

- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp cinnamon
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Mix and press the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, cinnamon and vanilla.
4. Gently add the eggs.
5. Bake 35–45 min. Cool and chill.

Tips

- Cinnamon should add aroma without dominating.
- Decorate with chopped walnuts.

Selling idea

Perfect for seasonal sales and seasonal flavors.

5. Healthy Yogurt Vanilla Cheesecake

Light, creamy and very pleasant.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

Crust

- 1 cup (90 g) ground gluten-free oats
- ½ cup (48 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol

Filling

- 300 g (10½ oz) light cream cheese
- 250 g (1 cup) thick Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp vanilla

Step-by-step directions

1. Oven at 170 °C (340 °F). Mix the crust and press it in.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt and vanilla.
4. Add the eggs one at a time.
5. Bake ~35 min. Cool and chill.

Tips

- Use thick yogurt for more creaminess.
- Serve with fresh fruit.

Selling idea

An excellent option for customers who want something light.

6. Healthy Almond Cheesecake

A fine, delicate and very pleasant flavor with notes of almond.

Yield

1 cheesecake (7 in / 18 cm)

Storage

5 days refrigerated

Ingredients

Crust

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol

Filling

- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp almond extract
- 1 tsp vanilla

Step-by-step directions

1. Preheat the oven. Press the crust.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, extract and vanilla.
4. Add the eggs.
5. Bake 35–40 min. Cool and chill.

Tips

- The extract is strong: use just a little.
- Decorate with sliced almonds.

Selling idea

Ideal for premium or assorted lines.

7. Healthy Mild Coffee Cheesecake

The perfect balance of creaminess and coffee notes.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

Crust

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground oats
- 2 tbsp coconut oil
- 2 tbsp erythritol

Filling

- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp instant coffee dissolved in 1 tbsp water
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Make the crust and press it in.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, vanilla and dissolved coffee.
4. Add the eggs.
5. Bake 35–40 min. Cool and chill.

Tips

- Use coffee in moderation.
- A dusting of cocoa elevates the look.

Selling idea

A gourmet flavor grown-ups love.

8. Healthy Vanilla Cheesecake with a Cocoa Crust

An elegant visual contrast with a vanilla heart.

Yield

8 slices

Storage

5 days chilled

Ingredients

Crust

- 1 cup (96 g) almond flour
- 2 tbsp pure cocoa
- 2 tbsp coconut oil
- 2 tbsp erythritol

Filling

- 400 g (14 oz) light cream cheese
- 200 g (¾ cup + 2 tbsp) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1½ tsp vanilla

Step-by-step directions

1. Preheat. Mix the crust and press it in.
2. Beat the cream cheese and erythritol.
3. Add the yogurt and vanilla; add the eggs.
4. Pour over the dark crust.
5. Bake 35–45 min. Cool and chill.

Tips

- Use unsweetened pure cocoa.
- The contrast looks very gourmet.

Selling idea

A "gourmet vanilla" version with excellent presentation.



9. Healthy Toasted Coconut Cheesecake

Intense coconut aroma with an irresistible golden finish.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (40 g) toasted shredded coconut
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Mix the crust and press it in.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt and vanilla; then the eggs.
4. Bake 35–40 min. Cool.
5. Decorate with toasted coconut once cool.

Tips

- Toast lightly to avoid bitterness.
- The flavor comes through even more the next day.

Selling idea

A gourmet, distinctive look.

10. Healthy Homestyle Cinnamon Cheesecake

Classic and comforting, with warm notes and a gentle texture.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground oats
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 450 g (16 oz) light cream cheese
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp vanilla
- ½ tsp cinnamon

Step-by-step directions

1. Preheat. Mix the crust and press it into the pan.
2. Beat the cream cheese with the erythritol.
3. Add the vanilla and cinnamon; add the eggs.
4. Bake 35–40 min. Cool and chill.

Tips

- A simple, very pleasant texture.
- Finish with a touch of cinnamon.

Selling idea

A great everyday seller thanks to its classic profile.





Module 2 — Healthy Chocolate & Bold Flavor Cheesecakes

For cocoa lovers and bold flavors. Dense textures, deep aromas and irresistible presentations that raise your average order.

11. Classic Healthy Chocolate Cheesecake

Real cocoa, silky texture and a flawless finish.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa for the crust
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp pure cocoa
- 1 tsp vanilla

Step-by-step directions

1. Preheat the oven.
2. Mix the crust and press it into the pan.
3. Beat the cream cheese with the erythritol.
4. Add the yogurt, cocoa and vanilla.
5. Add the eggs, pour and bake 35–45 min.
6. Cool and chill.

Tips

- Use quality cocoa and don't overbake.
- Decorate with grated sugar-free chocolate.

Selling idea

One of the easiest flavors to sell.

12. Healthy Triple Chocolate Cheesecake

Layers of flavor with subtle chips and deep cocoa.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp pure cocoa
- ¼ cup (45 g) chopped sugar-free chocolate chips
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese with the erythritol; add the yogurt, cocoa and vanilla.
3. Add the eggs and then the chips.
4. Bake 35–45 min. Cool and chill.

Tips

- Use just a few chips so the texture doesn't change.
- Optional: a thin, light ganache.

Selling idea

High perceived value for premium bundles.

13. Healthy Chocolate Orange Cheesecake

Intense cocoa with fragrant, elegant citrus notes.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp cocoa
- Zest of 1 orange
- 1 tbsp orange juice

Step-by-step directions

1. Preheat. Press the crust into the pan.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, cocoa, zest and juice.
4. Add the eggs and bake 35–40 min.
5. Cool and chill.

Tips

- Use little juice; focus on the zest.
- Finish with fine zest.

Selling idea

A premium flavor with a sophisticated touch.

14. Healthy Mocha Cheesecake

The perfect meeting of coffee and cocoa, with a grown-up profile.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp instant coffee
- 2 tbsp cocoa
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, cocoa, vanilla and dissolved coffee.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- The coffee should enhance, not overwhelm.
- A dusting of cocoa for an elegant finish.

Selling idea

An excellent gourmet option for select menus.

15. Healthy Cocoa Hazelnut Cheesecake

Deep cocoa and hazelnut spread in premium balance.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa for the crust
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp sugar-free hazelnut spread
- 1 tbsp cocoa
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Mix and press the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, hazelnut spread, cocoa and vanilla.
4. Add the eggs; bake 35–40 min.
5. Chill well before slicing.

Tips

- Use a thick hazelnut spread.
- Decorate with chopped hazelnuts.

Selling idea

A great candidate for a premium line.

16. Healthy Chocolate Peanut Butter Cheesecake

Creamy, with a subtle salty contrast from peanut butter and real cocoa.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp unsweetened peanut butter
- 1 tbsp cocoa

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, peanut butter and cocoa.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- If the peanut butter is very thick, mix it with the yogurt first.
- Finish with chopped peanuts.

Selling idea

A crowd-pleasing commercial profile.

17. Healthy Brownie Cheesecake

More indulgent and rich, with subtle chips throughout.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa for the crust
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp cocoa
- 2 tbsp chopped sugar-free chocolate chips

Step-by-step directions

1. Preheat. Press the crust into the pan.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt and cocoa; add the eggs.
4. Add the chips and bake 35–40 min.
5. Cool and chill.

Tips

- Don't overdo the chips so it keeps its structure.
- A dusting of cocoa to finish.

Selling idea

A very desirable, photogenic presentation.

18. Healthy Sugar-Free White Chocolate Vanilla Cheesecake

Subtle sweetness and elegance, lightly balanced.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 60 g (2 oz) sugar-free white chocolate, melted (warm)
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, vanilla and warm chocolate.
4. Add the eggs and bake 35–40 min.
5. Cool and chill.

Tips

- Don't add hot chocolate.
- Beautiful with berries.

Selling idea

A sophisticated, refined look.





19. Healthy Cappuccino Cheesecake

Creamy notes with coffee and cocoa in perfect harmony.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp instant coffee
- 1 tbsp cocoa
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, vanilla, cocoa and dissolved coffee.
4. Add the eggs; bake 35–40 min.
5. Chill before serving.

Tips

- A dusting of cocoa enhances the finish.
- An elegant, balanced profile.

Selling idea

Ideal for premium bundles and coffee shops.

20. Healthy Vanilla Cocoa Marble Cheesecake

A striking visual effect with two swirled mixtures.

Yield

8 slices

Storage

5 days chilled

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- 1 tsp vanilla
- 1 tbsp pure cocoa

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese with the erythritol; add the yogurt, vanilla and eggs.
3. Divide in two; add the cocoa to one half.
4. Pour in alternating spoonfuls and swirl with a toothpick.
5. Bake 35–40 min. Cool and chill.

Tips

- Don't overmix when swirling.
- A very attractive presentation.

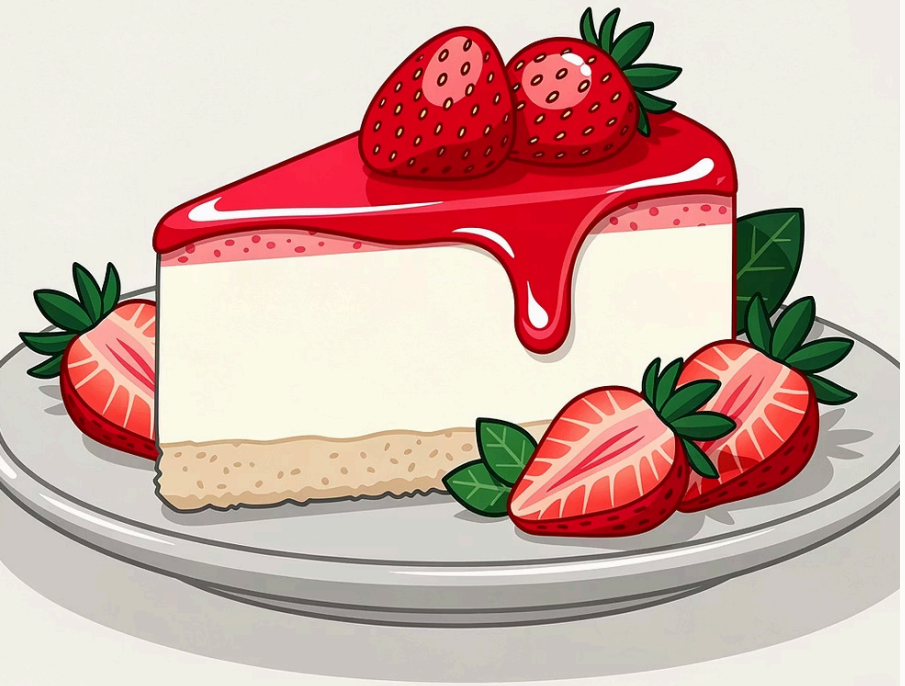
Selling idea

A "special cheesecake" with big visual impact.



Module 3 — Healthy Fruit & Fresh Flavor Cheesecakes

Vibrant colors, natural aromas and balanced freshness. Ideal for bright display cases, summer menus and boxes with a natural touch.



21. Healthy Strawberry Cheesecake

The natural sweetness of strawberry in a smooth, light cream.

Yield

8 slices

Storage

4 to 5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ⅓ cup (80 g) thick strawberry puree
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, strawberry puree and vanilla.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- Use a thick puree to avoid excess liquid.
- Decorate with fresh strawberries.

Selling idea

Pretty and a fast seller.

22. Healthy Mixed Berry Cheesecake

Intense color, vibrant aroma and a spectacular presentation.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ⅓ cup (80 g) concentrated berry puree
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, puree and vanilla.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- A thick puree for good structure.
- Finish with fresh berries.

Selling idea

Ideal for a premium line and display cases.





23. Healthy Blueberry Lemon Cheesecake

Citrus freshness with bursts of blueberry in every bite.

Yield

8 slices

Storage

4 days chilled

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 170 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- Zest of 1 lemon
- ⅓ cup (50 g) blueberries

Step-by-step directions

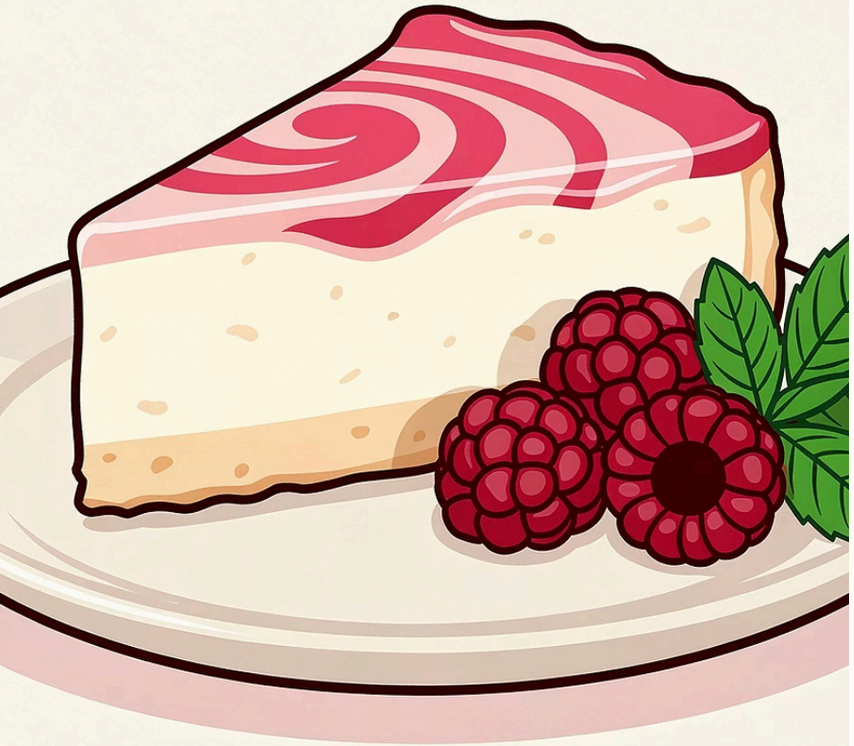
1. Preheat. Make the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt and zest.
4. Add the eggs; gently fold in the blueberries.
5. Bake 35–40 min. Cool and chill.

Tips

- Use whole or lightly chopped blueberries.
- Don't overdo the amount.

Selling idea

A fresh, premium look.



24. Healthy Raspberry Vanilla Cheesecake

Delicate, fragrant and a very attractive soft color.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (30 g) mashed raspberries
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Crust ready.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, vanilla and raspberries.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- If there are lots of seeds, strain the puree.
- A simple finish for elegance.

Selling idea

Fits delicate, pretty product lines.



25. Healthy Passion Fruit Cheesecake

Tropical and fragrant, with a vibrant, very appealing tang.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 170 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) passion fruit pulp, not too runny
- 1 tsp vanilla

Step-by-step directions

1. Oven ready. Crust in the pan.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, passion fruit and vanilla.
4. Add the eggs; bake 35–40 min.
5. Chill well before serving.

Tips

- Avoid too much runny pulp.
- Decorate with a little pulp on top.

Selling idea

Excellent perceived value for display cases.



26. Healthy Apple Cinnamon Cheesecake

Homey, fragrant and perfect for cooler seasons.

Yield

8 slices

Storage

5 days chilled

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground oats
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ⅓ cup (80 g) unsweetened applesauce
- 1 tsp cinnamon

Step-by-step directions

1. Oven ready. Crust prepared.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, applesauce and cinnamon.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- Use a thick applesauce.
- Finish with a dusting of cinnamon.

Selling idea

Very appealing in fall and winter.

27. Healthy Pear Vanilla Cheesecake

A soft, elegant profile with ripe fruit and real vanilla.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ⅓ cup (60 g) mashed or very finely chopped pear
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Press the crust into the pan.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, pear and vanilla.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- Use ripe pear, not watery.
- Finish with sliced almonds.

Selling idea

Helps set your catalog apart.





28. Healthy Banana Cinnamon Cheesecake

Creamy, familiar and naturally sweet from banana.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 1 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 170 g (¾ cup) Greek yogurt
- 3 eggs
- 2 tbsp erythritol
- 1 medium ripe banana, mashed
- 1 tsp cinnamon

Step-by-step directions

1. Oven ready. Crust prepared.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, banana and cinnamon.
4. Add the eggs; bake 35–40 min.
5. Cool and chill before slicing.

Tips

- The banana already adds sweetness.
- Don't overdo it so it keeps its structure.

Selling idea

Very popular thanks to its classic profile.

29. Healthy Pineapple Coconut Cheesecake

Tropical and fresh, with a balanced texture and coconut aroma.

Yield

8 slices

Storage

4 days chilled

Ingredients

- ¾ cup (72 g) almond flour
- ⅓ cup (25 g) shredded coconut
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 170 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) crushed pineapple, very well drained
- 1 tsp vanilla

Step-by-step directions

1. Oven ready. Crust ready.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, pineapple and vanilla.
4. Add the eggs; bake 35–40 min.
5. Chill well.

Tips

- Drain the pineapple very well.
- Decorate with toasted coconut.

Selling idea

A different option with lots of charm.



30. Healthy Orange Almond Cheesecake

Elegant citrus with a subtle, fragrant almond background.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- Zest of 1 orange
- 1 tbsp orange juice
- 1 tsp almond extract

Step-by-step directions

1. Oven ready. Crust ready.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, zest, juice and extract.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- Use little extract; a very elegant aroma.
- Finish with sliced almonds.

Selling idea

A refined flavor for a premium menu.



Module 4 — No-Bake & Gourmet Healthy Cheesecakes

Silky, no-bake texture, ready for efficient production. Gelatin as your ally, clean flavors and crisp presentation for chilled display cases.

31. Healthy No-Bake Vanilla Cheesecake

A no-bake classic with a smooth finish and perfect firmness.

Yield

1 cheesecake (7 in / 18 cm)

Storage

4 days refrigerated

Ingredients

Crust

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp coconut oil
- 2 tbsp erythritol

Filling

- 400 g (14 oz) light cream cheese
- 200 g (¾ cup + 2 tbsp) Greek yogurt
- ⅓ cup (65 g) erythritol
- 1 tsp vanilla
- 10 g (1 packet / about 2½ tsp) unflavored gelatin, bloomed per package directions

Step-by-step directions

1. Mix the crust, press and chill.
2. Beat the cream cheese with the erythritol and vanilla.
3. Add the yogurt.
4. Stir in the warm bloomed gelatin.
5. Pour and chill 6 h. Unmold once firm.

Tips

- Don't add hot gelatin.
- Ideal for making ahead.

Selling idea

Perfect for busy schedules and scheduled deliveries.



32. Healthy No-Bake Lemon Cheesecake

Refreshing, creamy and with a very balanced tang.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- ⅓ cup (65 g) erythritol
- Zest of 2 lemons
- 2 tbsp lemon juice
- 10 g (1 packet) unflavored gelatin

Step-by-step directions

1. Crust and chill first.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, zest and juice.
4. Stir in the dissolved gelatin.
5. Chill 6 h or more; unmold.

Tips

- A silky, fresh texture.
- Fine zest to decorate.

Selling idea

Looks clean and sophisticated in a display case.

33. Healthy No-Bake Mixed Berry Cheesecake

Color and freshness with a concentrated puree and firm structure.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- ⅓ cup (65 g) erythritol
- ⅓ cup (80 g) thick berry puree
- 10 g (1 packet) unflavored gelatin

Step-by-step directions

1. Crust and chill.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt and puree.
4. Stir in the dissolved gelatin.
5. Chill 6 h; decorate as you like.

Tips

- A concentrated puree so it doesn't loosen.
- Berries on top to make it pop.

Selling idea

A high-demand no-bake gourmet option.





34. Healthy No-Bake Chocolate Cheesecake

All the flavor of cocoa in a firm, creamy no-bake texture.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa for the crust
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- ⅓ cup (65 g) erythritol
- 2 tbsp cocoa
- 10 g (1 packet) unflavored gelatin

Step-by-step directions

1. Crust and chill.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt and cocoa.
4. Stir in the dissolved gelatin.
5. Chill until firm. Serve cold.

Tips

- A dusting of cocoa for a clean finish.
- Even better the next day.

Selling idea

Ideal for no-bake production.

35. Healthy No-Bake Coconut Cheesecake

Tropical aroma, silky texture and a bright finish — no oven.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (40 g) shredded coconut
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- ⅓ cup (65 g) erythritol
- ⅓ cup (25 g) fine shredded coconut
- 10 g (1 packet) unflavored gelatin
- 1 tsp vanilla

Step-by-step directions

1. Crust and chill.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, coconut and vanilla.
4. Stir in the dissolved gelatin.
5. Chill for several hours. Unmold.

Tips

- Decorate with toasted coconut.
- Very creamy and pleasant.

Selling idea

Fits perfectly in elegant lines.



36. Healthy Pistachio Cheesecake

A distinctive flavor, subtle color and high-end creamy texture.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 170 g (¾ cup) Greek yogurt
- 3 eggs
- ⅓ cup (65 g) erythritol
- ⅓ cup (40 g) finely ground pistachios
- 1 tsp vanilla

Step-by-step directions

1. Oven ready. Crust in the pan.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, pistachio and vanilla.
4. Add the eggs; bake 35–40 min.
5. Cool and chill.

Tips

- Finely ground, not a paste.
- Decorate with chopped pistachios.

Selling idea

Lets you charge more per slice.



37. Healthy No-Bake Hazelnut Cocoa Cheesecake

Creamy and no-bake, with an intense, elegant hazelnut profile.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp cocoa in the crust
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- 2 tbsp sugar-free hazelnut spread
- 2 tbsp erythritol
- 10 g (1 packet) unflavored gelatin

Step-by-step directions

1. Crust and chill.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt and hazelnut spread.
4. Stir in the dissolved gelatin.
5. Chill until firm. Serve cold.

Tips

- Chopped hazelnuts to decorate.
- The flavor improves the next day.

Selling idea

A very attractive gourmet look.

38. Healthy No-Bake Coffee Cheesecake

Refined and fragrant, with a silky finish that slices cleanly.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- ⅓ cup (65 g) erythritol
- 1 tsp instant coffee
- 10 g (1 packet) unflavored gelatin
- 1 tsp vanilla

Step-by-step directions

1. Crust in the pan.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, vanilla and dissolved coffee.
4. Stir in the gelatin.
5. Chill 6 h. Unmold and serve.

Tips

- A dusting of cocoa — the perfect final touch.
- Always keep it cold.

Selling idea

Excellent for premium boxes or coffee shops.



39. Healthy Mini Cheesecakes with Strawberry Topping

Small, practical and ready for display cases and boxes.

Yield

10 mini cheesecakes

Storage

4 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 350 g (12 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 2 eggs
- ¼ cup (50 g) erythritol
- 1 tsp vanilla
- ⅓ cup (80 g) thick strawberry puree (topping)

Step-by-step directions

1. Oven at 170 °C (340 °F). Put liners in a muffin pan.
2. Divide the crust among them and press.
3. Beat the cream cheese with the erythritol; add the yogurt, vanilla and eggs.
4. Fill the liners and bake 18–22 min.
5. Cool and top with strawberry puree.

Tips

- A thick puree for a nice finish.
- The ideal version for selling individually.

Selling idea

Perfect for boxes of 2, 4 or 6.

40. Healthy No-Bake Lemon Coconut Cheesecake

Fresh and fragrant, with a firm texture and tropical notes.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ⅓ cup (25 g) shredded coconut
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 400 g (14 oz) light cream cheese
- 180 g (¾ cup) Greek yogurt
- ⅓ cup (65 g) erythritol
- Zest of 2 lemons
- 2 tbsp lemon juice
- 10 g (1 packet) unflavored gelatin

Step-by-step directions

1. Crust and chill.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, coconut, zest and juice.
4. Stir in the dissolved gelatin.
5. Chill until firm and serve cold.

Tips

- Coconut improves the texture and aroma.
- Fine zest as a final touch.

Selling idea

Excellent for a summer line.



Module 5 — High-Protein Healthy Cheesecakes Made to Sell

Functional recipes with protein and formats designed for business: stable slices, profitable minis and fast-selling flavors.

41. Healthy High-Protein Vanilla Cheesecake

A protein boost with the smoothness and aroma of vanilla.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 350 g (12 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 2 eggs
- ½ cup (50 g) vanilla protein powder
- ¼ cup (50 g) erythritol
- 1 tsp vanilla

Step-by-step directions

1. Preheat. Press the crust into the pan.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, protein and vanilla.
4. Add the eggs; bake 30–35 min.
5. Cool and chill.

Tips

- Protein thickens the mixture; adjust with 1–2 tbsp yogurt if needed.
- Don't overbake.

Selling idea

A favorite with the fitness crowd.

42. Healthy High-Protein Chocolate Cheesecake

Functional and indulgent, with cocoa and protein in ideal balance.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 1 tbsp cocoa in the crust
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 350 g (12 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 2 eggs
- ½ cup (50 g) chocolate protein powder
- 1 tbsp pure cocoa
- ¼ cup (50 g) erythritol

Step-by-step directions

1. Preheat. Crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, protein and cocoa.
4. Add the eggs; bake 30–35 min.
5. Cool and chill.

Tips

- Aim for a creamy mixture before baking.
- Add more yogurt if it's dry.

Selling idea

Functional and very commercial.



43. Healthy High-Protein Coffee Cheesecake

An energizing touch with balanced coffee in a smooth cream.

Yield

8 slices

Storage

5 days chilled

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 350 g (12 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 2 eggs
- ½ cup (50 g) vanilla protein powder
- 1 tsp instant coffee
- ¼ cup (50 g) erythritol

Step-by-step directions

1. Preheat. Crust.
2. Beat the cream cheese and erythritol.
3. Add the yogurt, protein and dissolved coffee.
4. Add the eggs; bake 30–35 min.
5. Cool and chill.

Tips

- Balance the coffee so it doesn't dominate.
- Optional dusting of cocoa.

Selling idea

Set your protein line apart with this flavor.

44. Healthy High-Protein Coconut Cheesecake

Tropical aroma with protein, creaminess and good structure.

Yield

8 slices

Storage

5 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ⅓ cup (25 g) shredded coconut in the crust
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 350 g (12 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 2 eggs
- ½ cup (50 g) vanilla or coconut protein powder
- ¼ cup (20 g) fine shredded coconut
- ¼ cup (50 g) erythritol

Step-by-step directions

1. Preheat. Press the crust into the pan.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, protein and coconut.
4. Add the eggs; bake 30–35 min.
5. Cool and chill.

Tips

- Don't use too much coconut or it will dry out.
- Finish with toasted coconut.

Selling idea

Appealing to health-minded customers.



45. Healthy High-Protein Mixed Berry Cheesecake

Functional, colorful and freshly balanced for every day.

Yield

8 slices

Storage

4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp coconut oil
- 2 tbsp erythritol
- 350 g (12 oz) light cream cheese
- 150 g (⅔ cup) Greek yogurt
- 2 eggs
- ½ cup (50 g) vanilla protein powder
- ¼ cup (60 g) thick berry puree
- ¼ cup (50 g) erythritol

Step-by-step directions

1. Preheat. Make the crust.
2. Beat the cream cheese with the erythritol.
3. Add the yogurt, protein and puree.
4. Add the eggs; bake 30–35 min.
5. Cool and chill.

Tips

- A thick puree for stability.
- Fresh berries make it look great.

Selling idea

Combines fitness with a premium look.