

- Prep Time: 10 Minutes
 - Chill Time: 2 Hours (Minimum)
 - Total Time: 2 Hours 10 Minutes
 - Servings: 4 Servings
 - Difficulty Level: Beginner
 - Intensity Level: Low (Minimal physical effort, mostly folding and whisking)
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Table of Contents



- [Ingredients](#)
 - [The Pudding Base](#)
 - [Optional Flavor Variations & Toppings](#)
- [Equipment Needed](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Preparation \(Time: 5 Minutes | Intensity: Low\)](#)
 - [Step 2: Whip the Cream \(Time: 3-4 Minutes | Intensity: High\)](#)
 - [Step 3: The Cream Cheese Mixture \(Time: 3 Minutes | Intensity: Medium\)](#)
 - [Step 4: Folding It Together \(Time: 2 Minutes | Intensity: Low\)](#)
 - [Step 5: Taste and Adjust \(Time: 1 Minute | Intensity: Low\)](#)
 - [Step 6: Plating and Chilling \(Time: 2 Hours | Intensity: None\)](#)

- [Recipe Notes and Tips for Success](#)
- [Nutritional Information](#)

Ingredients

The Pudding Base

- 8 oz (225g) Full-Fat Cream Cheese: It is crucial that this is at room temperature. Cold cream cheese will result in a lumpy pudding. Leave it out on the counter for at least 30 minutes before starting.
- 1 Cup (240ml) Heavy Whipping Cream: Look for heavy cream with a high fat content (at least 36%). This provides the structure and the rich mouthfeel.
- 1/3 Cup (65g) Powdered Erythritol (or Allulose): You must use powdered sweetener, not granular. Granular sweetener will leave a gritty texture in the smooth pudding. You can blitz granular erythritol in a blender for 20 seconds to make your own.
- 1 Tsp Vanilla Extract: Use high-quality pure vanilla extract for the best flavor. Avoid imitation vanilla if possible.
- 1/2 Tsp Lemon Juice: This might seem odd in a sweet recipe, but the acid cuts through the richness of the dairy and enhances the “cheesecake” tang.
- Pinch of Sea Salt: Just a tiny pinch to balance the sweetness.

Optional Flavor Variations & Toppings

- **Chocolate:** Add 2 tablespoons of unsweetened cocoa powder (reduce sweetener slightly if desired).
 - **Lemon:** Add 1 tablespoon of lemon zest and an extra teaspoon of lemon juice.
 - **Berry Swirl:** Mash 3-4 fresh raspberries with a fork and swirl them in at the very end.
 - **Crunch:** Sugar-free dark chocolate chips or crushed pecans for texture.
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Equipment Needed

- **Large Mixing Bowl:** Chilled in the fridge for 10 minutes (helps whip the cream faster).
- **Hand Mixer or Stand Mixer:** A hand mixer is easiest, but a whisk works if you want an arm workout.
- **Spatula:** For folding and scraping.
- **Serving Glasses or Ramekins:** 4 small bowls or glasses.
- **Piping Bag (Optional):** For a fancy presentation.

Step-by-Step Instructions

Step 1: Preparation (Time: 5 Minutes | Intensity: Low)

Ensure your cream cheese has been sitting at room temperature for at least 30 minutes. If it is still cold, cut it into small cubes to speed up the softening process. Pour your heavy whipping cream into the chilled mixing bowl.

Step 2: Whip the Cream (Time: 3-4 Minutes | Intensity: High)

Using your hand mixer on medium-high speed, whip the heavy whipping cream until it forms stiff peaks. This means the cream holds its shape when you lift the beaters and doesn't drip off. Be careful not to over-whip; if it starts to look curdled, you are on your way to making butter! Once stiff peaks are formed, set the whipped cream aside in the refrigerator while you prep the cheese. (Note: If you are using a stabilizer like gelatin, bloom it now in a tablespoon of cold water and set aside).

Step 3: The Cream Cheese Mixture (Time: 3 Minutes | Intensity: Medium)

In a separate large bowl, combine the softened cream cheese, powdered sweetener, vanilla extract, lemon juice, and sea salt. Beat this mixture on medium speed until it is completely smooth and fluffy. This is the most critical step. Scrape down the sides of the bowl with your spatula. If the mixture feels too stiff, add a tablespoon of the whipped cream to loosen it.

Step 4: Folding It Together (Time: 2 Minutes | Intensity: Low)

This step requires a gentle touch. You want to keep the air in the whipped cream. Take one-third of the whipped cream and add it to the cream cheese mixture. Fold it in gently using your spatula (scoop from the bottom and fold over the top). This lightens the cream cheese base. Once incorporated, add the rest of the whipped cream and fold gently until no white

streaks remain. Do not stir vigorously, or the pudding will deflate.

Step 5: Taste and Adjust (Time: 1 Minute | Intensity: Low)

Before plating, take a tiny taste. Is it sweet enough? If not, add a tablespoon of powdered sweetener and fold gently. Is the vanilla strong enough? Add a drop more. Remember that the flavor will deepen as it chills.

Step 6: Plating and Chilling (Time: 2 Hours | Intensity: None)

Spoon the pudding into your serving glasses or ramekins. If you want a smooth top, tap the glass gently on the counter to remove air bubbles. Cover each glass with plastic wrap (ensure the wrap touches the surface of the pudding to prevent a skin from forming) and refrigerate for at least 2 hours. This allows the flavors to meld and the pudding to firm up perfectly.

Recipe Notes and Tips for Success

1. **Temperature is Key:** If your cream cheese is even slightly cold, the mixture will seize up and become lumpy. If this happens, you can try warming the bowl slightly over a hot water bath while whisking, but it is best to avoid this by starting with room-temperature cheese.
2. **The Sweetener:** Erythritol has a cooling effect. If you are sensitive to this, use Allulose, which behaves more like real sugar and doesn't crystallize. You can also use Monk Fruit blend.
3. **Stability:** This pudding is best enjoyed within 3 days. If you want it to hold up for a party (4+ hours out of the fridge), add 1 teaspoon of unflavored gelatin bloomed in cold water and melted into the cream cheese mixture before folding in the whipped cream.

Nutritional Information

This recipe makes 4 generous servings. The nutritional breakdown below is for one serving. Please note that these are estimates and will vary based on the specific brands of ingredients you use.

- Calories: 310 kcal
- Total Fat: 32g
- Saturated Fat: 18g
- Cholesterol: 90mg
- Sodium: 105mg
- Total Carbohydrates: 4g
- Dietary Fiber: 0g
- Sugars: 1g
- Net Carbs: 4g

- Protein: 5g