

Prep Time: 15 minutes
Cook Time: 35 minutes
Total Time: 50 minutes

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A Guilt-Free Taste of Summer

Summer berries are one of nature's perfect candies, but traditional cobblers are often loaded with sugar and refined flour. This Keto Strawberry Cream Cheese Cobbler changes the game.

By combining fresh, juicy strawberries with a rich, creamy cheesecake layer and a buttery,

golden almond flour topping, we've created a dessert that satisfies the deepest sweet tooth without the sugar spike. The texture is incredible: tart fruit, velvety cream cheese, and a crumbly, biscuit-like topping that holds together beautifully.

Whether you are strictly keto, gluten-free, or simply looking for a healthier dessert to share with the family, this dish is best served warm with a dollop of fresh whipped cream.

The Science of the Sweetness (Intensities)

Before we start, it's important to understand the "intensities" of flavor in this recipe:

- **Sweetness Intensity: Moderate.** We use a combination of Erythritol (or Allulose) and a touch of liquid stevia to mimic sugar. This cobbler is not cloyingly sweet; the natural tartness of the strawberries shines through, balanced by the cream cheese.
- **Tartness Intensity: Medium-High.** Fresh lemon juice is added to the berries to brighten the flavor and balance the fat content.
- **Richness Intensity: High.** The combination of cream cheese, heavy whipping cream, and butter provides a satiating, high-fat experience.
- **Crust Texture Intensity: Crumbly & Buttery.** The almond flour and oat fiber blend (optional but recommended for texture) create a topping that is crisp on the edges and soft in the center.

Ingredients

For the Berry Filling:

- 16 oz (450g) fresh strawberries, hulled and sliced
- 2 tbsp granulated Erythritol (or Allulose)
- 1 tbsp fresh lemon juice
- 1 tsp xanthan gum (or ½ tsp glucomannan powder) – *Crucial for thickening the juices*

For the Cream Cheese Layer:

- 8 oz (225g) full-fat cream cheese, softened
- 1 large egg
- ¼ cup granulated Erythritol
- 1 tsp vanilla extract

For the Cobbler Topping:

- 1 $\frac{1}{4}$ cups (120g) super-fine almond flour
- 2 tbsp coconut flour
- $\frac{1}{4}$ cup granulated Erythritol
- 1 tsp baking powder
- $\frac{1}{4}$ tsp salt
- 1 large egg
- $\frac{1}{4}$ cup (60ml) melted butter (or coconut oil)
- 2 tbsp heavy whipping cream
- $\frac{1}{4}$ tsp liquid stevia (optional, for extra sweetness)

Equipment Needed

- 9-inch pie pan or 8×8 inch baking dish
 - Mixing bowls (medium and small)
 - Whisk
 - Rubber spatula
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Instructions

Step 1: Prep the Oven and Berries (Intensity: Low)

Preheat your oven to 350°F (175°C) . Grease your baking dish with a little butter or coconut oil.

In a medium bowl, combine the sliced strawberries, 2 tbsp Erythritol, lemon juice, and xanthan gum. Toss gently until the berries are coated. The xanthan gum helps thicken the juices so the cobbler doesn't become soupy. Set aside to macerate while you prepare the other layers.

Step 2: Create the Cream Cheese Layer (Intensity: Medium)

In a separate bowl, beat the softened cream cheese with an electric mixer (or vigorously by hand) until smooth and lump-free. Add the egg, ¼ cup Erythritol, and vanilla extract. Beat until fully combined and creamy. Set this aside.

Step 3: Mix the Cobbler Dough (Intensity: Medium)

In a large bowl, whisk together the almond flour, coconut flour, baking powder, salt, and $\frac{1}{4}$ cup Erythritol. In a small bowl, whisk the egg, melted butter, heavy cream, and liquid stevia. Pour the wet ingredients into the dry ingredients and stir until a thick, sticky dough forms. It should resemble a soft cookie dough.

Step 4: Assemble the Cobbler (Intensity: Low)

Pour the strawberry mixture (including all the juices) into the prepared baking dish, spreading it into an even layer.

Next, dollop the cream cheese mixture over the berries. Use a spatula to gently spread it out, but do not mix it completely into the berries—you want distinct layers of flavor.

Finally, use your fingers or a spoon to drop clumps of the cobbler dough over the top. It doesn't need to be perfect; rustic is the goal here. Try to cover most of the surface, leaving small gaps for steam to escape.

Step 5: Bake to Golden Perfection (Intensity: High Heat)

Place the dish in the center of the preheated oven. Bake for 30 to 35 minutes.

Visual Cue: The topping should be golden brown, and the berry juices should be bubbling up around the edges. If the topping is browning too quickly, tent the dish loosely with aluminum foil for the last 10 minutes.

Step 6: The Crucial Rest (Intensity: Zero Heat)

Remove the cobbler from the oven and let it cool on a wire rack for at least 15 to 20 minutes. Why? This is the most important step. Because we use almond flour and xanthan gum, the cobbler needs time to set. If you cut into it immediately, it will be runny. The resting time allows the cream cheese to firm up and the berry juices to thicken into a syrup.

Serving Suggestions

Serve this cobbler warm. For the ultimate experience, top with a dollop of Keto Whipped Cream (heavy cream whipped with a little vanilla and sweetener) or a scoop of vanilla keto ice cream.

Nutrition Information

Note: Nutritional values are estimates and will vary based on specific brands used. This calculation is for 1/8th of the recipe.

- Calories: 310 kcal
- Total Fat: 27g
- Saturated Fat: 13g
- Cholesterol: 95mg
- Sodium: 210mg
- Total Carbohydrates: 9g
- Dietary Fiber: 3g

- Total Sugars: 3g (from strawberries)

- Net Carbs: 6g

- Protein: 7g