

Keto Cheesecake Pudding Dessert - 5 Ingredients, No Baking!

Low Carb Cream Cheese Pudding Cups ??



TIME
3 min

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INGREDIENTS

- 1 block (8 oz) cream cheese, softened
- 1 packet sugar-free instant pudding mix (cheesecake, vanilla, or chocolate)
- 1 cup heavy cream
- 1 cup cold water (add gradually)

Optional toppings: Reddi Whip, chopped strawberries, sugar-free chocolate chips

Instructions:

- 1 Mix the Base:
- 2 Adjust Consistency:
- 3 Portion and Chill:
- 4 Garnish & Serve:

Tips for Creamy Low Carb Pudding:

Storage & Meal Prep:

Fridge: Store in sealed jars or containers for up to 5 days.

Freezer: Can be frozen in individual portions, but may slightly affect texture.

Make ahead: Perfect for prepping snacks for the week.

More Low-Effort Desserts You'll Love:

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These Chocolate Chip Cookie Bites Are My Favorite
Little Treat to Bake Anytime
These Chocolate Chip Cookie Dough Brownie Bombs Are
My Favorite Sweet Obsession
Final Thoughts:

DIRECTIONS

1. **Mix the Base:** In a large mixing bowl, add cream cheese, pudding mix, heavy cream, and half of the water. Use a hand mixer on medium speed to blend until smooth and thick, about 2-3 minutes.
2. **Adjust Consistency:** Slowly add the remaining water a little at a time, mixing between additions. Stop when the texture reaches a thick but spoonable pudding consistency.
3. **? Tip:** Add water slowly to avoid splashes and to control the thickness of the pudding.
4. **Portion and Chill:** Divide the mixture into 6 small dessert cups or ramekins. Refrigerate for at least 1 hour to set and chill.
5. **Garnish & Serve:** Top with Reddi Whip and 1 chopped strawberry for a slightly sweet, refreshing balance. Each cup (with topping) is about 6 net carbs - totally worth it.
6. **Tips for Creamy Low Carb Pudding:** ? Soften your cream cheese before mixing to avoid lumps. ? Use cold water for best results with instant pudding mix. ? Switch up flavors: Chocolate pudding + peanut butter swirl = heavenly. ? Add texture with chopped pecans, keto granola, or shaved sugar-free chocolate.
7. **Storage & Meal Prep:** Fridge: Store in sealed jars or containers for up to 5 days.
8. **Freezer:** Can be frozen in individual portions, but may slightly affect texture.
9. **Make ahead:** Perfect for prepping snacks for the week.
10. **More Low-Effort Desserts You'll Love:** If you're loving rich, creamy, no-bake sweets, try these next:

11. This : No-Bake Oreo Cream Pie Is My Favorite Quick Dessert Hack
12. This : Brownie Batter Dip Is My Favorite No-Bake Dessert for Instant Chocolate Cravings
13. This : Grasshopper Pie Is My Favorite No-Bake Dessert with a Mint Chocolate Twist
14. These : Chocolate Chip Cookie Bites Are My Favorite Little Treat to Bake Anytime
15. These : Chocolate Chip Cookie Dough Brownie Bombs Are My Favorite Sweet Obsession
16. Final Thoughts: This Low Carb Cream Cheese Pudding is proof that dessert doesn't have to be off-limits on a keto or low-carb lifestyle. It's smooth, satisfying, and endlessly adaptable with your favorite sugar-free flavors and toppings.
17. Tried it? Let me know your favorite pudding mix combo or garnish-this is one you'll make again and again! ???

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/keto-cheesecake-pudding-dessert-5-ingredients-no-baking/>