

Blueberry Cheesecake Jars

(Adapted from Keto Simple by Marina Slajerova)

Blueberry Topping:

1 cup wild fresh or frozen blueberries

1 tablespoon water

Optional: a few drops of stevia, erythritol, or Swerve to taste

Place the blueberries and water in a saucepan. Gently heat over medium-low until the blueberries have softened. Optionally add Stevia to taste. Remove from the heat and set aside to cool to room temperature. You can speed this up by placing the saucepan over a bowl with ice water.

Cheesecake Base:

$\frac{3}{4}$ cup heavy whipping cream

$\frac{3}{4}$ cup full fat cream cheese or mascarpone

$\frac{1}{4}$ cup powdered erythritol or Swerve

1 teaspoon sugar-free vanilla extract

1 teaspoon fresh grated lemon zest

1 tablespoon fresh lemon juice

Place all the cheesecake layer ingredients in a bowl. Using an electric mixer or hand whisk, mix until smooth and creamy. Divide among five (4 ounce) serving glasses and top with the blueberry sauce. You can serve these right away, but they are best chilled for at least 2 hours. Keep refrigerated for up to 4 days.