

Keto Chocolate Cheesecake Jars with Graham Cracker Crust

Hands-on 15 minutes Overall 2 hours 15 minutes

Nutritional values (per serving): Total carbs: 10.3 g, Fiber: 3.4 g, **Net carbs: 7 g**,

Protein: 8.8 g, Fat: 48.5 g, Calories: 474 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

Crust:

1/2 batch of [Low-Carb Graham Crackers](#) (12 crackers, about 170 g/ 6 oz)

1/4 stick butter (57 g/ 2 oz)

Filling:

1 1/2 cups + 1 tbsp full-fat cream cheese (375 g/ 13.2 oz)

1 cup heavy whipping cream (240 ml/ 8 fl oz)

4 tbsp raw [cacao powder](#) or [Dutch process cocoa powder](#) (22 g/ 0.8 oz)

2 tsp sugar-free [vanilla extract](#)

1/2 cup + 2 tbsp powdered [Swerve](#) or [Erythritol](#) (100 g/ 3.5 oz), or to taste

1 bar extra [dark chocolate](#) (100 g/ 3.5 oz) - use 90% *chocolate*, [sugar-free chocolate](#) or at least 85% *chocolate*

Optional: [cocoa powder](#) or [cinnamon](#) for dusting

- Place the cream cheese, vanilla and Swerve into a stand mixer bowl and beat until fluffy. Add the cream and the cacao and beat well.
- Add the melted chocolate and mix until just combined. Spoon mixture into the jars and top with a sprinkle of the crumb mix.
- Chill for an hour or two before serving, although you could serve immediately in a pinch.
- Store, with the lid on, for up to one week in the refrigerator. You can cap these and take them on a picnic or have for prepped meals.

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Instructions

- Prepare the [Low-Carb Graham Crackers](#) and let them cool down completely (this will take an additional 1 hour 15 minutes). Prepare all the ingredients.
- Blitz the crackers in a food processor until they are crumbs, I like a bit of texture still in mine but make them as fine as you would like.
- Melt the butter and mix through the cracker crumbs. (Note: I like my base in a jar to be light and crumbly, instead of packed hard. If you prefer it to be more solid you may want to add extra butter.)
- Spoon the mixture into the bases of eight small jars, leaving a small amount aside to garnish, and press down. Chill until ready to fill.
- Place the chocolate in a double boiler or a bowl over a pan of simmering water and melt gently. Turn off heat and leave to keep warm.