Keto Lemon Cheesecake Jars

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 7.2 g, Fiber: 2.2 g, **Net carbs: 5 g**, Protein: 7.2 g, Fat: 26.1 g, Calories: 270 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (4 servings)

Crust:

- 1/3 cup shredded unsweetened coconut, toasted (25 g/ 0.9 oz) + 4 tsp for topping
- 1/4 cup almond flour (25 g/ 0.9 oz)
- 1 tbsp powdered Swerve *or* Erythritol (10 g/ 0.4 oz)
- 1/8 - 1/4 tsp sea salt (use to taste)
- 1 tsp unsweetened vanilla extract
- 1 tbsp melted virgin coconut oil (15 ml)

Filling:

- 8 oz cream cheese (227 g)
- 1/4 cup powdered Swerve *or* Erythritol (40 g/ 1.4 oz)
- 3 tbsp coconut milk *or* heavy whipping cream (45 ml)
- 1/4 cup lemon juice (60 ml)
- 1 tsp fresh lemon zest
- 2 tsp unsweetened coconut extract

Instructions

1. Make the crust by mixing together the ingredients in a small bowl.
2. Divide between 4 (120 ml/ 4 oz) jars and set aside.
3. Make the filling by combining all ingredients in a medium bowl.
4. Mix with an electric mixer until smooth.
5. Spoon into the jars and refrigerate 1 hour before serving.
6. Top with additional toasted coconut and a slice of lemon before serving. Store in the fridge for up to 4 days.

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