

# 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.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)