



Keto Cheesecake Bites

ingredients

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4 oz cream cheese
1/2 lemon juice
1/4 c Pyure or Swerve
1 egg

fresh blueberries

CRUST

Heat butter and Pyure in small saucepan, and boil while constantly stirring for 4 minutes or until it starts to turn a nice Carmel color. Take off heat immediately and add the heavy whipping cream and extracts, stir well.

Pour half the 'caramel' over the crust, layer almonds, then Lilly's chips, and again with the last half of the caramel.

Let this set and cook completely or let it stay overnight in the fridge.

directions

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1. Process all ingredients except blueberries and set aside.
2. Layer cheesecake mixture over crust, filling up the muffin cup, and drop the fresh blueberries over the top.
3. Bake at 350* 30-40 min.
4. Let cool before scooping out of muffin tin.

- We also have a delicious sugar free jam recipe that you can make and use in place of the fresh blueberries. Just whip up a batch and swirl into the cheesecake mixture just before baking

Macros: 16 servings

calories. 168
carbs. 2g
protein. 1g
fat. 18g

