



No-Bake Cheesecake in a Jar

Description

It's amazing how easy it is to make these healthy no bake cheesecake jars and they taste fantastic. These can also be gluten-free and refined sugar free with an option for vegan cheesecake.

I couldn't keep my hands off these healthy no-bake cheesecakes in a jar, I bet you feel the same way because they are amazing! Back when I was a kid, I enjoyed every bite of cherry cheesecake. Once, one of my close friends and me went together for an entire cheesecake; we ate the whole thing right away. As expected, we did not feel well afterward. It was a good lesson because that was the last time I had that much cheesecake at once.

Recently I wanted to come up with my own version of cheesecake but since baking isn't something I am good at, it had to be no-bake. The traditional no-bake cheesecake is made from heavy cream and cream cheese which are very good ingredients, but heavy cream does not agree with me. And so I decided to lighten it up and then make it more digestible on the stomach. Full-fat Greek yogurt and cream cheese came into mind! Two simple things that were rich in taste.

Ingredients:

Frozen cherries: Because who doesn't like cherry cheesecake? So, instead of fresh ones, frozen cherries work really well here as they are readily available throughout the year;

Coconut sugar: Frozen cherries can be made sweeter with a pinch of coconut sugar. You will also require some in the crust.

Lemon juice: To balance the sweetness and give it a sour taste

Arrowroot powder/flour: This is used for thickening cherry topping. For other ideas see substitutions.

Greek yogurt: Full fat Greek yogurt is what you need to provide plenty of creaminess and flavor. You will need plain whole milk Greek yogurt.

Cream cheese: This is what gives this cheesecake real cheesy taste. For other options see substitutions.

Maple syrup: Drizzle of maple syrup (or honey) will sweeten up the cheesecake jars.

For the gluten-free crust

Pecans: They form the base along with almond flour. Other nuts like cashews, almonds or hazelnuts could be used too.

Almond flour: Use almond flour for forming the crust. For other options see substitutions.

Coconut oil: This binds the crust together a little more so that crumble stays at bottom

How to Make No-Bake Cheesecake Jars

It's just as simple as that to make this no-bake healthy cheesecake in a jar which takes about 15 minutes!

Prepare the no-bake gluten-free crust:

To make this easy no-bake crust, put pecans, almond flour, coconut oil, coconut sugar and a pinch of salt in a food processor or blender. Process until it breaks down into small crumbs and starts to stick together. Test by pressing between your fingers; if it holds its shape then it is ready. If not, add some more coconut oil or even one date. Just like that, you have its base dough inside the jar instead of the typical one, so there is no actual need for any change over here. Place the crust into your jars' bottoms.

Prepare the no-bake cheesecake filling:

Mix cream cheese, Greek yogurt, maple syrup and lemon juice in a stand mixer or medium-sized bowl for cheesecake fillings. Use hand mixer or stand mixer to stir until smooth. Pour mixture onto top of crust layer and then add cherry topping above that. You can choose to eat them immediately or refrigerate them for a little while longer.

Reasons You'll Love This Healthy No-Bake Cheesecake:

Easy to make: They're ready in about 15 to 20 minutes.

No waiting required: When you want cheesecake you can get that instantly also without waiting too much time.

Easy to digest: Light no-bake cheesecake if heavy cream is too much for you.

Pro biotics: Greek yogurt not only tastes nice and is dense, but also contains healthy bacteria for your intestines.

Storing:

You can store the jars in the fridge for up to five days. Perhaps they will last longer than mine did as I had them immediately; though I am hesitating whether they are freezable or not. The best thing about this dessert, it's a single serve dessert therefore make portions that suit you.

Substitutions and Tips:

Greek yogurt: Use full-fat Greek yogurt. For a dairy-free option try using coconut yogurt (plain or vanilla) with a higher fat content which may not be so thick but still tasty.

Cream cheese: Instead of low-fat cream cheese, I used what was available. Also use any other type of cream cheese which has full fat content in it. Alternatively substitute rich vegan cream cheese spread instead of it for non-dairy version.

Nut-free: Replace pecans with either pumpkin seeds or sunflower seeds; almond flour could be replaced by oat flour among others; otherwise go for graham crackers made from coconut oil.

Arrowroot flour: Another way to thicken the soup is by using cornstarch.

Jar size: These were 130g (just over 4oz), although I guess you can use any jar size.

Ingredients

- **For the cherry topping**

- 1 cup frozen cherries pitted
- 2 tsp coconut sugar
- 1/2 tsp lemon juice
- 1 tsp arrowroot powder
- 3 tbsp water

- **For the crust**

- 1/2 cup pecans raw

- 1/4 cup almond flour
- 2 tbsp coconut oil softened
- 2 tbsp coconut sugar
- 1/4 tsp kosher salt

- **For the filling**

- 2/3 cup Greek yogurt
- 6 oz cream cheese
- 2 tbsp maple syrup
- 1 tsp lemon juice

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Directions

- Take a small saucepan and pour into it the frozen cherries, along with the coconut sugar, lemon juice, arrowroot powder and water. Let them simmer lowly while stirring from time to time till the mixture thickens which will be about 10 minutes or so.
- The crust is prepared as the cherries cook. A food processor or blender is used to blend together pecans, almond flour, coconut oil, coconut sugar, and salt. When you taste them and feel as they are holding together well in your fingers that is good . You can add more coconut oil or one pitted date if it does not hold.
- Layer the crust mixture on the bottom of the jars.
- Take a stand mixer (or a medium bowl) and put cream cheese, Greek yogurt, maple syrup, lemon juice in it and using either hand mixer or your stand mixer beat all these until just combined.
- On top of the crust layer add this then finish with cherry topping. Serve immediately!

Category

1. High Protein Recipes

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