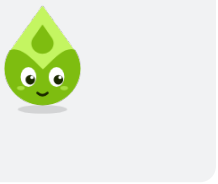
Snack

Blueberry Lemon Cheesecake Pot

A quick no-cook dessert layered in a glass, with a smooth lemony cream cheese mixture, juicy crushed blueberries and a crunchy oatcake topping.

5 min	190	23.7 g	13.7 g
time	calories	carbs	sugars



Low sugar

Ingredients, 1 serving

- [ ] zest half lemon, finely grated
- [ ] 1 tsp lemon juice
- [ ] 1 level tsp lemon curd
- [ ] 1 heaped tbsp fat-free cream cheese (approx. 60g)
- [ ] 80 g blueberries
- [ ] 2 rough oatcakes, crushed

Method

- [ ] **1** Stir the lemon curd, cream cheese and lemon zest together in a bowl until smooth.
- [ ] **2** Gently squash half of the blueberries with a fork, then stir in the lemon juice.
- [ ] **3** Fold the remaining whole blueberries into the cream cheese mixture.
- [ ] **4** Spoon the crushed blueberries into the bottom of a serving glass, top with the lemon cream cheese mixture, scatter over the crushed oatcakes and garnish with a little lemon zest and a single blueberry.

Nutrition Facts

Per serving

Calories	**190**
Total fat	5.5 g
Saturated fat	2 g
Sodium	Not listed
Total carbs	23.7 g
Fiber	3.8 g
Total sugars	13.7 g
Protein	9.5 g

diabic.com/recipes

Scan to open this recipe and its shopping list