



Long Livo

No Bake Cheesecake in a Jar

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

6

Servings

Dessert

Course

Ingredients

Crust

- ☐ 1 cup graham cracker crumbs
- ☐ 2 tbsp melted butter
- ☐ 1 tbsp honey

Filling

- ☐ 12 oz (340 g) full-fat cream cheese, softened
- ☐ 1/3 cup honey

- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp lemon zest
- ☐ 1 cup heavy whipping cream

Topping

- ☐ Drizzle of honey
- ☐ Fresh berries (optional)
- ☐ Lemon zest pinch

Instructions

- 1 Combine the graham cracker crumbs, melted butter, and honey; press the mixture into the bottom of each jar, then refrigerate while you prepare the filling.
- 2 In a bowl, beat the softened cream cheese until smooth; add honey, vanilla, and lemon zest, mixing until the scent of citrus fills the kitchen.
- 3 In a separate bowl, whip the heavy cream until soft peaks form; gently fold it into the cream cheese mixture, being careful not to over-mix.
- 4 Spoon the creamy filling over the chilled crusts, smoothing the tops with the back of a spoon.
- 5 Cover the jars, chill for at least 30 minutes, then finish with a drizzle of honey, a sprinkle of lemon zest, and optional fresh berries before serving.

Nutrition per serving

280 kcal

Calories

4 g

Protein

22 g

Carbs

18 g

Fat

Tips & notes

- For extra stability, freeze the jars for 10 minutes before the final chill.
- If the cream cheese is too cold, the filling may become grainy—let it sit out briefly.
- A pinch of sea salt can enhance the overall sweetness without making it salty.