

Blueberry Maple Mini Cheesecake Parfaits

Recipe from cupcakesandkalechips.com

Prep: 20 mins

Total: 20 mins

Servings: 12

Ingredients

1 cup Frozen Blueberries

1 cup almond meal

3 Tablespoons maple syrup, divided (1 for crust, 2 for cheesecake mixture)

1 Tablespoon butter melted

8 oz light cream cheese at room temperature

1/2 cup plain Greek yogurt

1 teaspoon vanilla extract

Instructions

1. Place blueberries in a small strainer or colander and allow to thaw.
2. In a small bowl, toss together the almond meal, 1 Tablespoon maple syrup, and melted butter. Divide between twelve mini dessert cups or glasses and press down firmly.
3. In another bowl, using a hand mixer, blend together the cream cheese, Greek yogurt, vanilla, and remaining 3 tablespoons maple syrup.
4. Using a piping bag or carefully with a spoon, top each of the crusts with about a tablespoon of the cheesecake mixture.
5. Set aside some of the thawed blueberries for topping the parfaits (about 36 to allow three per parfait, if you are making 12). Divide the remaining blueberries between the parfaits, then top with the remaining cheesecake mixture.
6. Garnish with the reserved blueberries.

Katie's notes: These were a little too "mini" for me. To fix that, I made the recipe into 6 parfaits instead of 12 and used an additional 1/2 cup of blueberries.