

No Bake Cheesecake Fluff Parfait



Ingredients:

1 cup Heavy Whipping Cream

1 8oz Brick of Cream Cheese, softened

Zest of 1 Lemon

1/2 cup of your favorite low carb sweetener

Jackie's No Sugar Added Strawberry Pineapple Jam

Chopped Pecans

Instructions:

Whip cream until stiff peaks are formed and set aside.

Add softened cream cheese, lemon zest, and sweetener and beat until smooth. Fold in the whipped cream. Stir gently until fully incorporated and smooth.

In your favorite cup or glass, spoon in a thin layer of the pecans, then a thicker layer of the mousse mixture, then a tablespoon of the jam. Repeat and top with more cream and garnish with pecans.

*Adapted from Jennifer Banz's
Keto Cheesecake Fluff*

Jackie's Jams