

- Prep Time: 10 minutes
  - Cook Time: 0 minutes
  - Chill Time: 15 minutes (optional, but recommended)
  - Total Time: 25 minutes
  - Yield: 2 servings
  - Intensity Level: Easy (No special equipment or baking skills required)
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## Table of Contents



- [Ingredients](#)
  - [For the Graham Cracker Crust:](#)
  - [For the Cheesecake Filling:](#)
  - [For the Blueberry Topping:](#)
  - [Optional Garnishes:](#)
- [Instructions](#)
  - [Step 1: Prepare the Crust \(Time: 2 minutes | Intensity: Low\)](#)
  - [Step 2: Make the Blueberry Compote \(Time: 4 minutes | Intensity: Low-Medium\)](#)
  - [Step 3: Whip the Cream \(Time: 2 minutes | Intensity: Medium\)](#)
  - [Step 4: Make the Cheesecake Filling \(Time: 3 minutes | Intensity: Medium\)](#)
  - [Step 5: Assemble the Bowls \(Time: 1 minute | Intensity: Low\)](#)

- [Step 6: Chill \(Time: 15 minutes | Intensity: None\)](#)
- [Step 7: Garnish and Serve \(Time: 1 minute | Intensity: Low\)](#)
- [Recipe Notes & Tips](#)
- [Nutrition Information \(Per Serving, Approximate\)](#)

## Ingredients

### For the Graham Cracker Crust:

- ½ cup graham cracker crumbs (about 4 full sheets, crushed)
- 2 tablespoons unsalted butter, melted
- 1 tablespoon granulated sugar
- Pinch of salt

### For the Cheesecake Filling:

- 4 oz (½ block) cream cheese, softened to room temperature
- ¼ cup plain Greek yogurt (or sour cream)
- 3 tablespoons granulated sugar (adjust to taste)

- 1 teaspoon fresh lemon juice
- ½ teaspoon vanilla extract
- ¼ cup heavy whipping cream

### **For the Blueberry Topping:**

- ½ cup fresh or frozen blueberries
- 1 tablespoon granulated sugar
- 1 teaspoon water
- ½ teaspoon lemon juice
- Pinch of salt

### **Optional Garnishes:**

- Fresh blueberries
- Whipped cream

- Fresh mint leaves
  - Lemon zest
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## Instructions

### Step 1: Prepare the Crust (Time: 2 minutes | Intensity: Low)

1. In a small bowl, combine the graham cracker crumbs, melted butter, sugar, and pinch of salt.
2. Mix with a fork until the crumbs are evenly moistened and resemble wet sand.
3. Divide the mixture between two serving bowls or jars (about 8 oz each). Press it down firmly into the bottom to form a crust. Set aside.

### Step 2: Make the Blueberry Compote (Time: 4 minutes | Intensity: Low-Medium)

1. In a small saucepan over medium heat, combine the blueberries, sugar, water, lemon juice, and salt.
2. Cook, stirring occasionally, for 3-4 minutes until the blueberries begin to burst and the mixture thickens slightly.

3. Remove from heat and set aside to cool while you make the filling. (You can also microwave this in a microwave-safe bowl for 1–2 minutes, stirring halfway.)

### **Step 3: Whip the Cream (Time: 2 minutes | Intensity: Medium)**

1. In a medium bowl, pour the heavy whipping cream.
2. Using a hand mixer or whisk, beat the cream until soft peaks form (it should hold its shape but still be slightly floppy). Set aside.

### **Step 4: Make the Cheesecake Filling (Time: 3 minutes | Intensity: Medium)**

1. In a large bowl, beat the softened cream cheese with a hand mixer until smooth and lump-free.
2. Add the Greek yogurt, sugar, lemon juice, and vanilla extract. Beat until fully combined and creamy.
3. Gently fold the whipped cream into the cream cheese mixture using a spatula. Stop as soon as no white streaks remain—do not overmix, or you'll deflate the cream.

### **Step 5: Assemble the Bowls (Time: 1 minute | Intensity: Low)**

1. Spoon the cheesecake filling over the prepared graham cracker crusts, dividing it

evenly between the two bowls.

2. Top with the cooled blueberry compote.

## **Step 6: Chill (Time: 15 minutes | Intensity: None)**

1. For the best texture, refrigerate the bowls for at least 15 minutes to allow the crust to set and the flavors to meld. If you're short on time, you can enjoy them immediately—they'll just be a bit softer.

## **Step 7: Garnish and Serve (Time: 1 minute | Intensity: Low)**

1. Just before serving, top with fresh blueberries, a dollop of whipped cream, mint leaves, or lemon zest if desired.
2. Serve chilled.

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## **Recipe Notes & Tips**

- **Soften Cream Cheese Properly:** Cold cream cheese will create lumps. Let it sit at room temperature for 30 minutes before mixing, or microwave it in 10-second bursts until soft but not melted.

- **Make It Ahead:** These bowls can be assembled (without the fresh garnish) and stored in the fridge for up to 24 hours. Add the garnish just before serving.
  - **No Heavy Cream?** You can substitute with  $\frac{1}{4}$  cup of whipped topping (like Cool Whip) folded in gently. The texture will be slightly lighter.
  - **Gluten-Free Option:** Use gluten-free graham crackers.
  - **Adjust Sweetness:** Taste the filling before assembling and add more sugar if you prefer a sweeter cheesecake.
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## **Nutrition Information (Per Serving, Approximate)**

*Note: Nutrition values are estimates and will vary based on specific ingredients and portion sizes.*

- **Calories:** 480 kcal
- **Total Fat:** 32g
- **Saturated Fat:** 19g
- **Cholesterol:** 95mg

- Sodium: 280mg
- Total Carbohydrates: 42g
- Dietary Fiber: 2g
- Total Sugars: 28g
- Protein: 7g