



# Keto Red White and Blue Cheesecake Fruit Salad

Whether you're celebrating the 4th of July, Memorial Day or even Christmas, this can be your go-to Keto or Low Carb dessert! It reminds us of the fruit salads with whip cream that we used to have as kids . . . upgraded for our new lifestyle!

You can serve it in a bowl with a spoon, or go fancy and pre-portion it in dessert cups with chocolate shavings on top. Either way, enjoy!

## Recipe:

Mix together:

8oz Cream Cheese

½ C Heavy Whipping Cream

1 T Swerve

1 Dropper Liquid Stevia

Add in fruit as desired - note macro calculations below. We put in a lot of fruit if it's for the kiddos. If we're making it for adults, we usually put in about a cup total!

## The Keto Dad Tips and Tricks:

- If you're doing a fragile fruit like raspberries or blackberries, add those in last.
- Chocolate shavings or Lily's Chocolate Chips are a great addition for dessert!
- Pre-portion in fancy dessert dishes (or clear plastic cups) or just serve family style in a big bowl with a spoon!
- Adjust your type and amount of fruit to adjust the macros!



Makes 8 Servings

No Fruit: Calories: 150, Fat: 14g, Carbs: 1g, Fiber: 0g, (Net Carbs 1) Protein: 3g

Add in ½ C Blueberries . . . increase by: Calories: 5, Carbs: 2g

Add in ½ C Raspberries . . . increase by: Calories 4, Carbs: 1g

Add in ½ C Strawberries . . . increase by: Calories: 3, Carbs: 1g

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