



Blueberry Cheesecake Bars

Course: **Cakes, Dessert, Snacks**

Servings	Prep time	Cooking time	Total time
9 servings	15 minutes	35 minutes	50 minutes

Ingredients

For the Crust & Streusel Topping:

- 150 g (1 ¼ cups) flour (whole wheat, spelt, or all-purpose)
- 100 g (1 cup) ground oats or almonds (for added texture and fiber)
- 80 g (½ cup) coconut sugar or brown sugar
- ½ tsp baking powder
- 1 pinch salt
- 100 g (7 tbsp) cold butter or coconut oil
- 1 egg

For the Cheesecake Filling:

- 250 g (1 cup) Greek yogurt or low-fat quark (for creaminess and protein)
- 100 g (½ cup) cream cheese (full-fat or light)
- 50 g (¼ cup) honey or maple syrup (natural sweetness)
- 1 egg
- 1 tsp vanilla extract
- 1 tsp lemon juice (enhances the flavor)

For the Blueberry Layer:

- 1 tsp lemon juice
- 200 g (1 ½ cups) fresh or frozen blueberries
- 1 tbsp honey or maple syrup
- 1 tsp cornstarch

Directions

Prepare Your Baking Pan & Preheat the Oven

- 1 Preheat your oven to **175°C (350°F)**. Line a **20x20 cm (8x8 inch)** baking pan with parchment paper.

Make the Crust & Streusel Topping

- 2 In a mixing bowl, combine **flour, oats/almonds, sugar, baking powder, and salt**.
Add **cold butter in small cubes** and rub it into the mixture using your fingers or a pastry cutter until it forms crumbs.
- 3 Mix in **the egg** and combine until the dough is crumbly but holds together when pressed.
Reserve **⅓ of the mixture** for the streusel topping.
Press the remaining **⅔ of the mixture** firmly into the bottom of the baking pan to form the crust.

Prepare the Cheesecake Filling

- 4 In a bowl, whisk together **Greek yogurt, cream cheese, honey, egg, vanilla extract, and lemon juice** until smooth and creamy. Pour the cheesecake filling evenly over the crust.

Make the Blueberry Layer

- 5 In a small bowl, mix **blueberries, honey, cornstarch, and lemon juice** until coated.
Gently spread the blueberries over the cheesecake layer.

Add the Streusel Topping

- 6 Sprinkle the reserved crust mixture evenly over the blueberries.

Bake the Cheesecake Bars, Slice & Enjoy!

- 7 Bake for **35-40 minutes**, or until the top is golden brown and the filling is set.
Let the bars cool in the pan, then **chill in the refrigerator** for at least 2 hours before slicing.
- 8 Once completely chilled, cut into squares or bars.
Enjoy as is, or top with extra blueberries, a drizzle of honey, or a dollop of yogurt.