GLOBAL · DESSERT

Blueberry Crumble Bars

90 min · Serves 16 · 185 kcal a serve · Video 5:13 · ketoserts

Vegetarian · Gluten-free ingredients

Almond flour and fresh blueberries replace wheat flour and sugar, so each bar has no added sugar, about 3 g net carbs and a little fibre, protein and vitamin E from the almonds and eggs.

Diet notes: Keto (3.2 g net carbs a serve).

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Ingredients 21 · SERVES 16

- [ ] 1 1/4 cups **blanched almond flour**, for the batter
- [ ] 4 tbsp (1 oz) **coconut flour**
- [ ] 2 tsp (8 g) **baking powder**
- [ ] 1/4 tsp (2 g) **salt**
- [ ] 1/4 cup **softened unsalted butter**
- [ ] 1/2 cup **granulated erythritol**, for the batter
- [ ] 2 large **eggs**, at room temperature
- [ ] 1 tsp (4 g) **vanilla extract**
- [ ] 1/2 cup **unsweetened almond milk**
- [ ] 1 cup **fresh blueberries**
- [ ] 4 oz **cream cheese**, for the filling
- [ ] 2 tbsp (1 oz) **powdered erythritol**, for the filling
- [ ] 1 large **egg**, for the filling
- [ ] 1 tsp (4 g) **lemon extract**
- [ ] 1/2 cup **blanched almond flour**, for the streusel
- [ ] 1 tsp **ground cinnamon** (optional)
- [ ] 2 tbsp (1 oz) **granulated erythritol**, for the streusel
- [ ] 3 tbsp (1½ oz) **chilled salted butter**
- [ ] 4 oz **cream cheese**, for the drizzle (optional)
- [ ] 1 tsp **powdered erythritol**, for the drizzle (optional)
- [ ] 2 tsp **unsweetened almond milk**, for the drizzle (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F and line an 8 inch square pan with baking paper. Whisk the almond flour, coconut flour, baking powder and salt in a bowl. 0:23
2. Beat the softened butter with the granulated erythritol, beat in the eggs and vanilla, then the almond milk. Stir in the dry ingredients, spread the batter in the pan and scatter over the blueberries. 0:47
3. Beat the cream cheese, powdered erythritol, egg and lemon extract until smooth and spread it over the berries. 2:24
4. Rub the streusel almond flour, cinnamon, erythritol and cold butter together into crumbs and scatter over the top. 3:04
5. Bake for 35–40 minutes until the edges are golden, then cool for 30 minutes before cutting into 16 bars. 3:47
6. If you like, whisk the drizzle cream cheese with the erythritol and almond milk and drizzle over the cooled bars. 3:52

> **Tip** Store in the fridge because of the cream cheese layer, and freeze extra bars individually. The drizzle is optional and can be left off.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
185 kcal 770 kJ	4.9 g 10% of a day	5.4 g 3.2 g net · 1.9 g sugars 2% of a day

FIBRE	FAT	SODIUM
2.2 g 8% of a day	17 g 6.8 g saturated 21% of a day	170 mg 7% of a day

Energy from net carbs 7% · protein 11% · fat 82% — fits keto: 3.2 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Vitamin E 23%

Source of (10–19%) Vitamin A 11%

Recipe and video: ketoserts (@ketoserts) on YouTube — youtube.com/watch?v=RopOrmI9eGw, published 28 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-blueberry-crumble-bars