AMERICAN · DESSERT

Blueberry Jamboree with Pecan Crust

50 min · plus 2–3 hours chilling Makes 16 × 1 bar 250 kcal a portion

Video 7:37 · All Day I Dream About Food

Vegetarian Gluten-free ingredients

A pecan crust, cream-cheese filling and real blueberries, sweetened with erythritol and allulose instead of sugar: about 4 g net carbs a bar.

Diet notes: Keto (4.2 g net carbs a serve).

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Ingredients 16 · MAKES 16 × 1 BAR

- [ ] 2 cups **blueberries**, fresh or frozen, divided
- [ ] 1/3 cup **allulose** (or BochaSweet), for the topping
- [ ] 2 tbsp **water**
- [ ] 2 tsp **lemon zest**
- [ ] 1/4–1/2 tsp **glucomannan** (or xanthan gum)
- [ ] 1 1/4 cups **pecan flour** (finely ground pecans)
- [ ] 1/2 cup finely chopped **pecans**
- [ ] 1/4 cup **granulated Swerve** (erythritol), for the crust
- [ ] 1/4 tsp **salt**
- [ ] 1/4 cup **butter**, melted
- [ ] 12 oz **cream cheese**, softened
- [ ] 1/3 cup **powdered Swerve** (erythritol), for the filling
- [ ] a few drops **liquid sweetener** (stevia and monk fruit), to taste
- [ ] 1/4 cup **heavy whipping cream**, to lighten the filling
- [ ] 1/2 tsp **vanilla extract**
- [ ] 1 cup **heavy whipping cream**, whipped

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

Allergens found in the listed ingredients: 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. Bring 1 1/2 cups of the blueberries, the allulose and water to the boil over medium heat, then simmer 5–7 minutes until soft enough to mash. Off the heat, stir in the rest of the berries and the zest, whisk in the glucomannan and leave to cool and thicken. 0:37
2. Heat the oven to 325°F and grease a 9 inch square metal pan. Mix the pecan flour, chopped pecans, granulated Swerve and salt, then stir in the melted butter until it clumps. 2:12
3. Press the crust firmly and evenly into the pan and bake 15–18 minutes, until browning at the edges. Cool completely. 3:19
4. Beat the cream cheese alone for about 2 minutes until very smooth, then beat in the powdered Swerve and stevia drops to taste, followed by the 1/4 cup cream and the vanilla. 3:55
5. Whip the remaining cup of cream to stiff peaks and fold it into the cream cheese mixture until no streaks remain. 5:16
6. Spread the filling over the cooled crust, pour the blueberry topping over and spread it to the edges. Chill at least 2–3 hours, then cut into 16 bars. 5:47

> **Tip** Almond flour can replace the pecan flour in the crust. The cook uses an erythritol sweetener in the crust for crispness and allulose in the topping so it stays syrupy.

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

One portion (1 bar) gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
250 kcal	2.9 g	5.8 g	1.6 g	25 g	110 mg
1,050 kJ	6% of a day	4.2 g net · 3.5 g sugars	6% of a day	11 g saturated	5% of a day
		2% of a day		32% of a day	

Energy from net carbs 7% · protein 5% · fat 88% — fits keto: 4.2 g net carbs, 88% of the energy from fat

Source of (10–19%) Vitamin A 19% · Omega-3 16%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=nmY6-6Ps-EE, published 7 June 2023. 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-jamboree-pecan-crust