



High Protein Cheesecake Fluff

Description

Whether you eat this cheesecake fluff alone or use it as a dip for fresh strawberries, this is the perfect light dessert for when you're craving something sweet.

This cheesecake fluff recipe is the perfect high protein dessert for when you've got a sweet tooth but are also short on time because you only need a couple of minutes.

This delicious dessert combines simple ingredients like Greek yogurt, cream cheese, vanilla and honey for a final product that tastes like creamy cheesecake.

INGREDIENTS

- 1 cup plain Greek yogurt
- 2 oz cream cheese softened
- 1-2 tsp lemon juice
- 1 tsp vanilla extract
- 1-2 tbsp honey

INSTRUCTIONS

- Mix all ingredients in a medium sized bowl with a whisk or hand mixer (hand mixer will be a little fluffier!).
- Serve immediately or chill for 10-15 minutes for a bit of a firmer texture. Serve with fresh fruit, whipped cream and crushed graham crackers for an easy cheesecake fluff bowl.

Try these variations, too!

- Turn it into a chocolate cheesecake fluff by adding 1-2 tbsp of cocoa powder.
- Add a spoonful of peanut butter or your favorite nut butter for a twist on classic cheesecake fluff.
- Add mini chocolate chips for a chocolate chip cheesecake fluff!
- Make cherry cheesecake fluff by topping with fresh or frozen cherries.

- Fill mini graham cracker crusts and use it as a no bake cheesecake filling! Chill for 10 minutes and you have a delicious high protein no bake dessert.
- Make mini dessert cups by layering cheesecake fluff with fresh fruit and graham cracker crumbs!

Recipe FAQ

How to store this cheesecake fluff

If you don't eat the entire mixing bowl (like I usually want to), you can store this cheesecake fluff in an airtight container with the lid in the refrigerator for up to 3 days.

Can I use fat-free Greek yogurt or cream cheese?

Yes, you can! I like to use full fat Greek yogurt for max creaminess and flavor, but both will work just fine. If you prefer fat-free cream cheese you can use that too.

NUTRITION

Calories: 198kcal | Protein: 12g | Fat: 10g | Saturated Fat: 6g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 3g | Trans Fat: 0.01g | Cholesterol: 34mg | Sodium: 126mg | Potassium: 189mg | Fiber: 0.03g | A: 385IU | Vitamin C: 1mg | Calcium: 140mg | Iron: 0.1mg

Category

1. High Protein Recipes

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