



## **Greek Yogurt Cheesecake Bowl**

**278 Calories**

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### *Ingredient List*

- ¾ cup non-fat Greek yogurt
- 2 tbsp light cream cheese
- ½ scoop vanilla protein powder
- 2 tbsp zero-calorie confectioner's sweetener (or a little honey)
- 1/8 tsp vanilla extract
- 1 graham cracker square, crushed
- 1 tbsp of low-sugar fruit-preserves

### *Instructions*

1. Mix the Greek yogurt, cream cheese, and protein powder in a bowl.
2. Add the zero-calorie confectioner's sweetener along with 1/8 tsp of vanilla extract to the same bowl. Mix well.
3. Crush 1 graham cracker square and sprinkle over the greek yogurt mixture.
4. Top with 1 tbsp of reduced-sugar fruit preserves. Now enjoy!

