



MINI CHEESECAKE RECIPE

142 Calories

Ingredient List

- 2 tbsp cottage cheese
- 1 1/2 tbsp cream cheese
- 1/2 tbsp crushed graham crackers
- 1 tbsp vanilla protein powder
- 1/2 tsp zero-calorie sweetener
- 1/8 tsp vanilla extract
- 1 tsp low-sugar fruit preserves

Prep Instructions

1. Add the cream cheese, cottage cheese, protein powder, sweetener, and vanilla extract to a blender. Blend until smooth.
2. Spread the fruit preserves all around the inside of a large shot glass or bowl.
3. Sprinkle 1/3 of the crushed graham crackers then top with half of the cheesecake mixture.
4. Add another 1/3 of the graham crackers followed by the rest of the cheesecake mixture. Then top with the rest of the graham crackers. Enjoy!

