



cheesecake salad

Description

INGREDIENTS

- 16 ounces cream cheese softened
- ½ teaspoon monk fruit concentrated powder
- ¼ teaspoon stevia concentrated powder
- 1 cup heavy whipping cream
- 16 ounces strawberries cut into bite sized pieces
- 14 ounces blueberries about 4 cups
- 12 ounces blackberries about 2 cups
- 6 ounces raspberries about 1 cup
- 2-3 teaspoons vanilla extract optional

INSTRUCTIONS

1. Beat cream cheese with electric mixer until smooth.
2. Add in monk fruit, stevia, heavy whipping cream, and vanilla extract (if using). Beat with electric mixer until thick and creamy. If too thick, a little extra cream can be added.
3. Fold in fresh berries. Store in fridge or serve immediately.

Category

1. High Protein Recipes

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