



High Protein Cheesecake Fluff

Description

There's something magical about dessert that brings us all together. The moment you take a bite of something sweet, it's like a warm hug for your taste buds. That's why I'm excited to share my High Protein Cheesecake Fluff with you! This delightful treat combines the creamy goodness of cheesecake with the health benefits of Greek yogurt and protein powder. It's perfect for those busy days when you crave something indulgent yet guilt-free. Whether you're impressing friends or treating yourself, this recipe is a quick and satisfying solution that won't derail your healthy eating goals.

[Click here To View Full Recipe](#)

Ingredients

- 1 cup low-fat cream cheese softened
- 1 cup Greek yogurt plain, non-fat or low-fat
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon juice
- 1/4 cup milk any type
- 1 scoop vanilla protein powder
- 1/4 cup whipped topping optional, for garnish
- Fresh berries optional, for garnish

Method

1. In a large mixing bowl, combine the softened cream cheese, Greek yogurt, powdered sugar, vanilla extract, and lemon juice. Beat with an electric mixer on medium speed until smooth and creamy, about 2-3 minutes.
2. Gradually add the milk and protein powder to the mixture, continuing to mix until fully incorporated and fluffy, about 2 more minutes.

3. Taste the mixture and adjust sweetness if necessary by adding more powdered sugar.
4. Spoon the cheesecake fluff into serving bowls or glasses.
5. Chill in the refrigerator for at least 30 minutes to allow the flavors to meld and the texture to firm up.
6. Before serving, top with whipped topping and fresh berries if desired.

Nutrition

Serving: 1serving Calories: 150kcal Carbohydrates: 10g Protein: 15g Fat: 5g Saturated Fat: 2g Polyunsaturated Fat: 3g Cholesterol: 20mg Sodium: 150mg Sugar: 5g

Category

1. High Protein Recipes

Date Created

18/08/2025

Author

rauf

default watermark