

High Protein Cheesecake

Description

This healthy protein cheesecake recipe is rich, creamy, easy to make, and packed with protein!

Prep Time 6 hours hours 30minutes minutes

Cook Time 30 minutes minutes

Total Time 7 hours hours

Yield8 12 slices

Ingredients

- 24 oz cream cheese or vegan cream cheese
- 2 cups Greek yogurt or dairy free alternative
- 1/2 cup protein powder
- 2/3 cup sweetener of choice
- 2 1/2 tsp pure vanilla extract
- crust ideas are listed above

Instructions

1. To make the protein cheesecake recipe, preheat your oven to 350 F. Fill any baking pan around two thirds up with water. Place this pan on the oven's lower rack. Bring cream cheese to room temperature. Prepare your crust of choice, if using, in a 9-inch springform pan. Beat all ingredients in a food processor or with beaters or a blender just until smooth. Spread filling into the springform, then place on the center rack of the oven (above the rack with the water pan). Bake 30 minutes, then turn off the heat without ever opening the oven. Let sit inside the oven an additional five minutes. Remove and let cool on the counter before placing the still-underbaked cheesecake into the fridge for at least six hours, during which time it will firm up considerably. The gradual cooling steps (no sudden temperature changes) and water pan step (adding moisture to the oven) are tricks to help the finished cheesecake not crack.

Nutrition Information

Serving: 1slice | Calories: 230 kcal | Carbohydrates: 3.4g | Protein: 16.7g | Fat: 19g | Saturated Fat: 12g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 3g | Sodium: 176mg | Potassium: 147mg | Fiber: 0.4 g | Sugar: 1.4g | Vitamin A: 34IU | Vitamin C: 12mg | Calcium: 98mg | Iron: 1mg

Category

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Author
rauf

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