This single-serve strawberry cheesecake jar is one of those delicious desserts that you can always turn to in a pinch.

Description

Itâ??s quick, easy, and high in protein since we use cottage cheese and Greek yogurt instead of a typical cream cheese mixture.

Whether it is strawberry season or youâ??d like to make the perfect individual treat for any time of year, these cute little jars are sure to please.

Ingredients

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- â?¢ Â½ cup 2% cottage cheese
- â?¢ 2 strawberries
- â?¢ 1-2 tablespoons honey, or agave, depending on how sweet you like it
- â?¢ Â¾ cup plain 2% Greek yogurt
- â?¢ Â½ cup sliced strawberries + more for topping
- â?¢ Â¼ cup granola
- â?¢ 1 graham cracker sheet, broke up into pieces

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Instructions

- Add cottage cheese to a high-speed food processor or blender. Blend on high until completely smooth. Add the strawberries and honey and pulse until the mixture turns pink. Be careful not to process the strawberries on high, they will turn into liquid.
- Add the blended cottage cheese to a bowl and add the Greek yogurt. Stir the two ingredients together until it thickens.
- Layer the cottage cheese mixture, strawberries, granola, and graham crackers in a jar.
- Eat immediately or cover and store in the refrigerator.

Tips & Notes

- Any berry can be replaced with strawberries.
- You can use honey, agave syrup, or maple syrup as a sweetener. The more sweetener you add, the sweeter your jar will be.
- If you are meal-prepping this dessert, wait to add the granola and gharam crackers until later.
- This recipe was tested 4 times. We tested blending the cottage cheese, strawberries, sweetener, and Greek yogurt, but it turned out too liquid-y every time. Be sure to fold the Greek yogurt into the cottage cheese mixture.

Nutrition

Protein: 15g, Fat: 7 g, Fiber: 4 g

Category

1. Uncategorized

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