

Fitness Aspects

For the Body & Mind

NUTRITION PER SERVING:

CALORIES	310
PROTEIN	28 G
CARBOHYDRATE	29 G
TOTAL FAT	9 G

PREP TIME:	35 MINUTES
COOK TIME:	15-20 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	GLASS OR BOWL
SERVINGS:	2 GLASSES OR BOWLS

INGREDIENTS:

½ C	NONFAT GREEK YOGURT
½ C	FRESH RASPBERRIES
¼ CUP	COOL WHIP LITE TOPPING
1 SCOOP	VANILLA CREME WHEY PROTEIN POWDER
2 OZ	REDUCED FAT CREAM CHEESE
2 TBSP	GRANULATED SWEETENER
¼ TSP	VANILLA EXTRACT

CRUST:

¼ C	GRAHAM CRACKER CRUMBS
1/2 SCOOP	VANILLA CREME WHEY PROTEIN POWDER
2 TBSP	CRUSHED ALMONDS PINCH SALT



RASPBERRY CHEESECAKE

- 01** Make the crust first by combining graham cracker crumbs, protein powder, almonds, coconut oil, and salt into a food processor and pulse to blend for a few seconds.
- 02** Evenly divide and put half of the crumb mixture into the bottom of two glasses (or bowls). Set aside.
- 03** Now make the filling by putting yogurt, Cool Whip, protein powder, cream cheese, sweetener, vanilla extract, and 4 raspberries into the same food processor and blend until whipped and fluffy.
- 04** Evenly spoon the whipped filling into each cup on top of the graham crumb mixture and then top with the fresh raspberries.
- 05** Put in the fridge and let set for at least 30 minutes to set. Enjoy!

