



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

2 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

1. Gluten-Free Almond Crust Protein Cheesecake

18g protein

2. Dairy-Free Cashew Protein Cheesecake

12g protein

Combined Shopping List

Pro Tips

Gluten-Free Almond Crust Protein Cheesecake

18g

Prep: 20 min

Cook: 50 min

Total: 310 min

Yield: 12 slices

Difficulty: Medium

245

CALORIES

18g

PROTEIN

12g

CARBS

16g

FAT

INGREDIENTS

For the crust:

150g almond flour

30g butter, melted

2 tbsp sweetener of choice

For the filling:

680g cream cheese, softened

60g vanilla whey protein powder

150g Greek yogurt

100g sweetener of choice

3 large eggs

1 tsp vanilla extract

Zest of 1 lemon

INSTRUCTIONS

- 1 Mix almond flour, melted butter, and sweetener. Press into the bottom of a 9-inch springform pan. Bake at 175°C (350°F) for 10 minutes.
- 2 Beat cream cheese until smooth. Add protein powder, Greek yogurt, sweetener, and vanilla. Mix until combined.
- 3 Add eggs one at a time, mixing on low speed after each. Stir in lemon zest.
- 4 Pour filling over crust. Bake at 160°C (325°F) for 45-50 minutes until edges are set but center jiggles slightly.
- 5 Turn off oven, crack door, and let cheesecake cool for 1 hour. Refrigerate for at least 4 hours before serving.

Dairy-Free Cashew Protein Cheesecake

12g

Prep: 30 min

Cook: 0 min

Total: 270 min

Yield: 12 slices

Difficulty: Medium

210

CALORIES

12g

PROTEIN

18g

CARBS

14g

FAT

INGREDIENTS

For the crust:

150g raw almonds

100g Medjool dates, pitted

2 tbsp coconut oil, melted

Pinch of salt

For the filling:

300g raw cashews, soaked 4 hours

200ml full-fat coconut cream

60g vanilla plant-based protein powder

80ml maple syrup

60ml lemon juice

1 tsp vanilla extract

60ml coconut oil, melted

INSTRUCTIONS

- 1 Process almonds until fine crumbs. Add dates, coconut oil, and salt. Process until sticky. Press into a 9-inch springform pan.
- 2 Drain cashews. Add to a high-speed blender with coconut cream, protein powder, maple syrup, lemon juice, and vanilla. Blend until silky smooth.
- 3 With blender running, stream in melted coconut oil until fully incorporated.
- 4 Pour filling over crust and smooth the top. Freeze for at least 4 hours or overnight.
- 5 Remove from freezer 20-30 minutes before serving. Store leftovers in the freezer.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 150g almond flour
- ☐ 60g vanilla whey protein powder
- ☐ 60g vanilla plant-based protein powder

DAIRY & EGGS

- ☐ 30g butter, melted
- ☐ 680g cream cheese, softened
- ☐ 150g Greek yogurt
- ☐ 3 large eggs
- ☐ 200ml full-fat coconut cream

PRODUCE

- ☐ Zest of 1 lemon
- ☐ 60ml lemon juice

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract
- ☐ 80ml maple syrup

OTHER

- ☐ For the crust:
- ☐ 2 tbsp sweetener of choice
- ☐ For the filling:
- ☐ 100g sweetener of choice
- ☐ 150g raw almonds
- ☐

100g Medjool dates, pitted

☐ 2 tbsp coconut oil, melted

☐ Pinch of salt

☐ 300g raw cashews, soaked 4 hours

☐ 60ml coconut oil, melted

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteincheesecake.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified cheesecakes recipes, interactive ingredient substitutions, and more free recipe packs.

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