



# MINI CHEESECAKES

Perfectly portioned mini cheesecakes for a guilt-free treat.

2 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

## WHAT'S INSIDE

1. Lemon Blueberry Cheesecake Minis

18g protein

2. No-Bake Oreo Cheesecake Bites

17g protein

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Combined Shopping List

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Pro Tips

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# Lemon Blueberry Cheesecake Minis

18g

Prep: 15 min

Cook: 25 min

Total: 40 min

Yield: 12 servings

Difficulty: Easy

**150**

CALORIES

**18g**

PROTEIN

**12g**

CARBS

**7g**

FAT

## INGREDIENTS

200g cream cheese

100g plain Greek yogurt

50g vanilla whey protein

1 large egg

1 lemon, zested and juiced

50g fresh blueberries

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line a muffin tin with paper liners.
- 2 Beat cream cheese until smooth. Mix in Greek yogurt, vanilla whey protein, egg, lemon zest, and lemon juice.
- 3 Gently fold in the fresh blueberries.
- 4 Divide the mixture evenly among the muffin cups and bake for 25 minutes.
- 5 Let the mini cheesecakes cool completely before refrigerating.
- 6 Serve chilled.

# No-Bake Oreo Cheesecake Bites

17g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 16 servings

Difficulty: Easy

**160**

CALORIES

**17g**

PROTEIN

**13g**

CARBS

**8g**

FAT

## INGREDIENTS

200g cream cheese

100g plain Greek yogurt

50g vanilla whey protein

6 crushed protein sandwich cookies

## INSTRUCTIONS

- 1 Beat cream cheese until smooth. Mix in Greek yogurt and whey protein.
- 2 Fold in the crushed cookies.
- 3 Roll the mixture into bite-sized balls.
- 4 Refrigerate for at least 1 hour to firm up.
- 5 Roll the bites in extra crushed cookies for a coating.
- 6 Serve chilled.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 50g vanilla whey protein
- 6 crushed protein sandwich cookies

## DAIRY & EGGS

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- 200g cream cheese
- 100g plain Greek yogurt
- 1 large egg

## PRODUCE

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- 1 lemon, zested and juiced

## OTHER

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- 50g fresh blueberries

## 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](http://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.

[proteincheesecake.co](http://proteincheesecake.co)