



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

Combined Shopping List

Pro Tips

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

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

DAIRY & EGGS

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

PRODUCE

- ☐ 1 lemon, zested and juiced

OTHER

- ☐ 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 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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