



DESSERT DIP PARTY

A variety of sweet and creamy cheesecake dips, perfect for parties.

4 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

1. Funfetti Cheesecake Dip

15g protein

2. S'mores Cheesecake Dip

16g protein

3. Brownie Batter Dip

18g protein

4. Cookie Dough Cheesecake Dip

19g protein

Combined Shopping List

Pro Tips

Funfetti Cheesecake Dip

15g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 16 servings

Difficulty: Easy

140

CALORIES

15g

PROTEIN

12g

CARBS

6g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

50g powdered sweetener

30g rainbow sprinkles

INSTRUCTIONS

- 1 In a medium bowl, beat the cream cheese until smooth.
- 2 Add the Greek yogurt, vanilla whey protein, and powdered sweetener. Mix until well combined.
- 3 Gently fold in the rainbow sprinkles.
- 4 Refrigerate for at least 30 minutes before serving.
- 5 Serve with fruit, graham crackers, or pretzels for dipping.
- 6 Store in an airtight container in the refrigerator for up to 3 days.

S'mores Cheesecake Dip

16g

Prep: 10 min

Cook: 5 min

Total: 15 min

Yield: 16 servings

Difficulty: Easy

150

CALORIES

16g

PROTEIN

14g

CARBS

7g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

50g mini marshmallows

50g sugar-free chocolate chips

INSTRUCTIONS

- 1 In a medium bowl, beat the cream cheese until smooth.
- 2 Add the Greek yogurt and vanilla whey protein. Mix until well combined.
- 3 Spread the mixture in an oven-safe dish. Top with chocolate chips and marshmallows.
- 4 Broil for 3-5 minutes, or until the marshmallows are golden brown.
- 5 Serve immediately with graham crackers for dipping.
- 6 The dish will be hot, so handle with care.

Brownie Batter Dip

18g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 16 servings

Difficulty: Easy

160

CALORIES

18g

PROTEIN

15g

CARBS

7g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g chocolate whey protein

30g unsweetened cocoa powder

50g powdered sweetener

INSTRUCTIONS

- 1 In a medium bowl, beat the cream cheese until smooth.
- 2 Add the Greek yogurt, chocolate whey protein, cocoa powder, and powdered sweetener. Mix until well combined.
- 3 Refrigerate for at least 30 minutes before serving.
- 4 Serve with fruit, pretzels, or graham crackers for dipping.
- 5 Top with a few mini chocolate chips before serving.
- 6 Store in an airtight container in the refrigerator for up to 3 days.

Cookie Dough Cheesecake Dip

19g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 16 servings

Difficulty: Easy

170
CALORIES

19g
PROTEIN

16g
CARBS

8g
FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

50g almond flour

50g mini chocolate chips

INSTRUCTIONS

- 1 In a medium bowl, beat the cream cheese until smooth.
- 2 Add the Greek yogurt, vanilla whey protein, and almond flour. Mix until well combined.
- 3 Gently fold in the mini chocolate chips.
- 4 Refrigerate for at least 30 minutes before serving.
- 5 Serve with fruit, pretzels, or graham crackers for dipping.
- 6 Store in an airtight container in the refrigerator for up to 3 days.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g vanilla whey protein
- ☐ 50g powdered sweetener
- ☐ 60g chocolate whey protein
- ☐ 30g unsweetened cocoa powder
- ☐ 50g almond flour

DAIRY & EGGS

- ☐ 240g cream cheese
- ☐ 120g plain Greek yogurt

SWEETENERS & FLAVORINGS

- ☐ 50g sugar-free chocolate chips
- ☐ 50g mini chocolate chips

OTHER

- ☐ 30g rainbow sprinkles
- ☐ 50g mini marshmallows

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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