



DESSERT DIP PARTY

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

4 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

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- 1. Funfetti Cheesecake Dip 15g protein
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 - 4. Cookie Dough Cheesecake Dip 19g protein
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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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