



Long Livo

Easy High Protein Cheesecake Jars

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Base

- ☐ 1 cup almond flour
- ☐ 2 tbsp melted butter
- ☐ 1 tbsp honey

Filling

- ☐ 1 cup Greek yogurt (full-fat)

- ☐ 1 cup cottage cheese
- ☐ 1/2 cup vanilla whey protein powder
- ☐ 3 tbsp honey
- ☐ 1 tsp vanilla extract
- ☐ Zest of 1 lemon
- ☐ Fresh berries for topping

Instructions

- 1 Combine almond flour, melted butter, and honey in a bowl; press the mixture into the bottom of four 8-oz jars, creating an even layer.
- 2 Blend Greek yogurt, cottage cheese, and protein powder in a food processor until completely smooth.
- 3 Stir in honey, vanilla extract, and lemon zest, then taste and adjust sweetness if needed.
- 4 Spoon the filling over the crusts, smoothing the top with the back of a spoon.
- 5 Refrigerate the jars for at least two hours; finish with fresh berries or a drizzle of melted chocolate before serving.

Nutrition per serving

220 kcal

Calories

18 g

Protein

18 g

Carbs

9 g

Fat

Tips & notes

- For a richer taste, let the filling sit at room temperature for 10 minutes before chilling.
- If the almond crust feels dry, add an extra teaspoon of butter.
- Use a fine mesh sieve to ensure the filling is lump-free.