



Long Livo

Easy No-Bake High Protein Cheesecake Fluff

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Base

- ☐ 1 cup Greek yogurt (full-fat)
- ☐ 1 cup low-fat cottage cheese
- ☐ 8 oz cream cheese, softened
- ☐ 1/2 cup whey protein powder (vanilla)
- ☐ 2 tbsp honey or maple syrup

- ☐ 1 tsp vanilla extract

- ☐ 1 tbsp lemon juice

Optional Toppings

- ☐ Fresh berries
- ☐ Shaved dark chocolate
- ☐ A sprinkle of toasted almonds

Instructions

- 1** In a large bowl, blend the Greek yogurt, cottage cheese, and softened cream cheese until completely smooth.
- 2** Add the whey protein powder, honey, vanilla extract, and lemon juice; whisk on low speed until fully incorporated.
- 3** Using a clean whisk, whip the mixture for 1-2 minutes just until it becomes light and airy; be careful not to over-mix.
- 4** Transfer the fluff into serving glasses, smooth the tops, and refrigerate for at least 60 minutes.
- 5** Before serving, add your chosen toppings such as fresh berries or a dusting of cocoa.

Nutrition per serving

210 kcal

Calories

22 g

Protein

12 g

Carbs

8 g

Fat

Tips & notes

- If the mixture feels too thick, add a tablespoon of almond milk and blend briefly.
- For extra flavor, swirl in a spoonful of fruit puree before chilling.
- Taste the sweetener before chilling; adjust to your preference.