

HEALTHY PROTEIN CHEESECAKE CUPCAKES

INGREDIENTS

CRUST

- 1 1/2 oz Graham crackers (low fat) **OR** Low fat, low sugar cereal of your choice
- 1/4 C + 2T Almond meal
- 1 - 2 T Almond milk (unsweetened)

CAKE

- 4 oz Cream cheese (fat free) (softened)
- 3 oz Cottage cheese (low fat)
- 3 oz Greek yogurt (plain)
- 1 T Applesauce (unsweetened)
- 1 T Sugar **OR** Sugar Substitute **OR** Coconut Sugar
- 1 T Corn Starch
- 1/2 T Vanilla
- 3/4 C Egg substitute
- 1 7/8 T Vanilla whey protein powder



DIRECTIONS

- 1 Line a cupcake tin with 10 paper liners & pre-heat oven to 325 F
- 2 Process graham crackers & almond meal & place into a small bowl
- 3 Add almond milk a little at a time until it is slightly crumbly but not too wet
- 4 Evenly distribute the mix into the muffin cups & press down with a small jar or your thumb
- 5 Bake for 10 minutes
- 6 Combine cream cheese, cottage cheese & greek yogurt & mix for 1 minute with hand mixer
- 7 At low speed add the remaining ingredients 1 at a time after each one has mixed in
- 8 Reduce the oven to 300 F & distribute mix evenly among the ten baked crusts
- 9 Bake for 30 minutes
- 10 Remove from the oven & allow to cool for 15 minutes
- 11 Place the cheesecakes in the refrigerator for at least 2 hours
- 12 Serve with toppings of your choice

NOTES

Add a fruit glaze or just a couple of blueberries or 1 strawberry on top of each cheesecake