

Bite Spoon

Mini Protein Cheesecake Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Crust

- [ ] 1 cup almond flour
- [ ] 2 tbsp melted coconut oil
- [ ] 1 tbsp honey

Filling

- [ ] 8 oz cream cheese, softened
- [ ] 1 cup Greek yogurt (plain)
- [ ] 1/2 cup vanilla whey protein powder
- [ ] 2 tbsp honey or maple syrup
- [ ] Zest of 1 lemon
- [ ] 1 tsp vanilla extract

Topping (optional)

- [ ] Fresh berries
- [ ] A drizzle of honey
- [ ] A sprinkle of lemon zest

Instructions

1. Preheat the oven to 325°F (160°C). In a bowl, combine almond flour, melted coconut oil, and honey; mix until crumbly.
2. Press the crust mixture evenly into the bottom of silicone mini cheesecake molds, creating a thin layer.
3. In a large mixing bowl, beat cream cheese until smooth, then fold in Greek yogurt, protein powder, honey, lemon zest, and vanilla extract until just combined.
4. Spoon the filling over the crusts, smoothing the tops gently. Place the molds on a baking sheet.
5. Bake for 15-18 minutes, or until the edges are set but the center still has a slight wobble; then remove and let cool on a wire rack.
6. Refrigerate the mini cheesecakes for at least 2 hours. Before serving, top with fresh berries, a drizzle of honey, and a pinch of lemon zest.

Nutrition per serving

150 kcal	10 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the filling seems too thick, add a tablespoon of milk to loosen it.
- Use a gentle hand when mixing to keep the cheesecake airy.
- For a chocolate twist, melt a few dark chocolate chips and swirl into the filling before baking.