

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

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Introduction

Craving dessert but want to stick to your macros? This High-Protein Strawberry Cheesecake Bowl is the answer. It captures the tangy, creamy richness of a traditional New York cheesecake but swaps the heavy crust and sugar for protein-packed Greek yogurt and fresh strawberries.

Whether you are looking for a post-workout treat or a healthy evening snack, this bowl is incredibly versatile. With over 30 grams of protein per serving and zero added sugar (unless

you count the natural fruit sugars), you can enjoy this thick and creamy delight without the guilt.

Ingredients

For the “Cheesecake” Base:

- $\frac{3}{4}$ cup (170g) Non-fat Greek Yogurt (or a high-protein plant-based yogurt for a vegan alternative)
- $\frac{1}{2}$ scoop (15g) Vanilla Whey Protein Powder (or plant-based protein powder)
- 1 tbsp (15g) Sugar-free Cheesecake Flavor Pudding Mix (dry powder) – *This is the secret ingredient for texture and flavor.*
- 1 tbsp (15g) Light Cream Cheese (optional, for extra richness)
- 1-2 tbsp Unsweetened Almond Milk (to thin the mixture to your desired consistency)
- $\frac{1}{2}$ tsp Vanilla Extract
- Pinch of Salt (to enhance sweetness)

For the Strawberry Compote:

- ½ cup (75g) Fresh Strawberries, diced
- 1 tsp Chia Seeds (optional, for fiber and texture)
- 1 tsp Sugar-free Maple Syrup or Stevia (to taste)

For the “Crust” Topping:

- 2 tbsp Graham Cracker Crumbs (or crushed keto-friendly biscuits)
 - 1 tsp Melted Butter (or coconut oil)
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Equipment

- Mixing Bowl
- Whisk or Fork
- Small Microwave-safe Bowl (for the compote)
- Serving Bowl or Jar

Instructions

Step 1: Prepare the Crust Topping

In a small bowl, mix the graham cracker crumbs with the melted butter until the crumbs resemble wet sand. Set this aside. If you prefer a warm crunch, you can toast these in a dry pan for 30 seconds over medium heat, but this is optional.

Step 2: Create the Cheesecake Base

In your main mixing bowl, combine the Greek yogurt, protein powder, cheesecake pudding mix (dry), light cream cheese (if using), vanilla extract, and a pinch of salt.

Technique: Start whisking slowly to avoid the protein powder puffing up into a cloud. Add the almond milk one tablespoon at a time. The mixture should be thick and creamy—similar to the texture of soft-serve ice cream—rather than runny. Whisk vigorously for about 60 seconds to ensure there are no clumps and the mixture becomes airy.

Step 3: Macerate the Strawberries

In a small bowl, toss the diced strawberries with the chia seeds and sugar-free syrup. Use the back of a fork to gently press a few of the strawberries to release their juices. This creates a quick, natural “jam” sauce.

Intensity: Medium pressure—you want to keep the fruit chunky, not puree it. Let this sit for 2 minutes while the chia seeds begin to gel.

Step 4: Assemble the Bowl

Spoon half of the cheesecake base into your serving bowl. Add a layer of the strawberry mixture. Add the remaining cheesecake base, then top with the rest of the strawberries.

Step 5: Add the Crunch

Sprinkle the prepared graham cracker crust mixture over the top of the bowl. This adds the necessary contrast between the creamy yogurt and the crunchy base.

Step 6: Serve Immediately

You can serve this immediately for a soft-serve texture, or place it in the freezer for 10 minutes for a firmer, ice-cream-like consistency.

Recipe Notes

- **Protein Powder Matters:** Not all protein powders are created equal. Whey blends thicken the best. If using a plant-based protein, you may need less almond milk.
 - **The Pudding Mix:** The sugar-free pudding mix is optional but highly recommended. It contains modified cornstarch which gives the yogurt that signature “cheesecake” density. If you omit it, you may need to add a bit more protein powder to thicken the base.
 - **Sweetness:** Taste the base before adding sweetener. If your protein powder is sweetened, you likely won’t need any additional sweetener.
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Variations & Substitutions

- Lemon Blueberry: Swap strawberries for blueberries and add 1 tsp lemon zest to the yogurt base.
 - Chocolate Lover: Add 1 tsp cocoa powder to the yogurt base and swap strawberries for raspberries.
 - Vegan: Use coconut yogurt and a plant-based protein powder. Ensure your cream cheese is dairy-free.
 - Crustless: Skip the graham cracker topping to reduce carbs and calories.
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Nutrition Information (Estimated)

Serving Size: 1 bowl (using non-fat Greek yogurt and whey protein)

Calories: 265 kcal

Protein: 32g

Carbohydrates: 18g

Dietary Fiber: 3g

Sugars: 8g (from fruit and dairy)

Fat: 6g

Sodium: 210mg