

Prep Time: 20 minutes | Cook Time: 50 minutes | Chill Time: 4 hours (minimum) | Total Time: ~5 hours 10 minutes

Yield: 8 slices | Difficulty: Easy-Intermediate | Intensity Level: Low to Moderate

Table of Contents

- ◆
- [Introduction](#)
- [Ingredients](#)
 - [For the Crust](#)
 - [For the Filling](#)
 - [Optional Toppings](#)
- [Equipment Needed](#)
- [Instructions](#)
 - [Step 1: Preheat and Prepare \(Time: 5 minutes | Intensity: Low\)](#)
 - [Step 2: Make the Crust \(Time: 5 minutes | Intensity: Low\)](#)
 - [Step 3: Prepare the Filling \(Time: 8 minutes | Intensity: Moderate\)](#)
 - [Step 4: Assemble and Bake \(Time: 50 minutes | Intensity: Low\)](#)
 - [Step 5: Cool Gradually \(Time: 1 hour | Intensity: Low\)](#)
 - [Step 6: Chill \(Time: 4 hours minimum | Intensity: None\)](#)
 - [Step 7: Serve \(Time: 5 minutes | Intensity: Low\)](#)
- [Tips for Success](#)
- [Nutrition Information \(Per Slice, Approximate\)](#)

Introduction

If you've ever wished you could enjoy a rich, creamy slice of cheesecake while still hitting your daily protein goals, this recipe is for you. This High-Protein Cheesecake delivers all the velvety texture and tangy-sweet flavor of a classic New York-style cheesecake, but with a fraction of the guilt and a serious protein punch. Whether you're a fitness enthusiast, a busy

parent looking for a smarter dessert, or simply someone who loves cheesecake, this recipe is about to become a staple in your kitchen.

Each slice packs roughly 20 grams of protein, making it an excellent post-workout treat or a satisfying dessert that actually keeps you full. Best of all? It requires no water bath, no fancy equipment, and no culinary degree—just a handful of wholesome ingredients and a little patience while it chills.

Ingredients

For the Crust

- 1 cup (100g) crushed graham crackers (or digestive biscuits)
- 2 tablespoons (30g) melted coconut oil or unsalted butter
- 1 tablespoon (15g) honey or maple syrup
- 1 scoop (30g) vanilla or unflavored whey protein powder (optional, for extra protein)

For the Filling

- 24 oz (680g) low-fat or non-fat cream cheese, softened to room temperature
- 1 cup (240g) non-fat plain Greek yogurt

- 2 scoops (60g) vanilla whey protein powder (or casein for a thicker texture)
- 2 large eggs
- 1 large egg white
- ½ cup (100g) granulated sweetener (erythritol, monk fruit, or regular sugar)
- 1 teaspoon vanilla extract
- 1 tablespoon fresh lemon juice
- 1 tablespoon cornstarch or arrowroot powder (for stability)

Optional Toppings

- Fresh berries (strawberries, blueberries, raspberries)
 - Sugar-free caramel or chocolate drizzle
 - A dollop of Greek yogurt or light whipped cream
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Equipment Needed

- 8-inch (20cm) springform pan
 - Parchment paper
 - Large mixing bowl
 - Electric hand mixer or stand mixer
 - Spatula
 - Measuring cups and spoons
 - Aluminum foil (optional, for pan wrapping)
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Instructions

Step 1: Preheat and Prepare (Time: 5 minutes | Intensity: Low)

Preheat your oven to 325°F (163°C). Line the bottom of your 8-inch springform pan with parchment paper and lightly grease the sides with cooking spray or a touch of coconut oil. If you're worried about leaks, wrap the outside of the pan with aluminum foil.

Step 2: Make the Crust (Time: 5 minutes | Intensity: Low)

In a medium bowl, combine the crushed graham crackers, melted coconut oil, honey, and optional protein powder. Stir until the mixture resembles damp sand. Press the mixture firmly and evenly into the bottom of the prepared springform pan, using the back of a measuring cup to compact it tightly. Set aside.

Step 3: Prepare the Filling (Time: 8 minutes | Intensity: Moderate)

In a large mixing bowl, beat the softened cream cheese on medium speed for 1–2 minutes until smooth and lump-free. Add the Greek yogurt, protein powder, sweetener, vanilla extract, lemon juice, and cornstarch. Beat on medium speed until fully combined, scraping down the sides of the bowl as needed.

Add the eggs and egg white one at a time, beating on low speed after each addition. Important: Do not overmix once the eggs are in—excess air will cause cracks during baking. Mix just until incorporated.

Step 4: Assemble and Bake (Time: 50 minutes | Intensity: Low)

Pour the filling over the prepared crust and smooth the top with a spatula. Tap the pan gently on the counter a few times to release any air bubbles.

Bake at 325°F (163°C) for 45–50 minutes. The cheesecake is done when the edges are set but the center still has a slight jiggle (about a 2-inch wobbly radius). If the top begins to brown too quickly, tent it loosely with foil after 35 minutes.

Step 5: Cool Gradually (Time: 1 hour | Intensity: Low)

Turn off the oven and crack the door open slightly. Let the cheesecake cool inside the oven for 30 minutes—this gradual cooling prevents cracks. Then remove it from the oven and let it cool at room temperature for another 30 minutes.

Step 6: Chill (Time: 4 hours minimum | Intensity: None)

Refrigerate the cheesecake uncovered for at least 4 hours, preferably overnight. This step is non-negotiable—chilling allows the filling to set fully and develops the best flavor and texture.

Step 7: Serve (Time: 5 minutes | Intensity: Low)

Run a thin knife around the edge of the pan before releasing the springform ring. Slice into 8 equal pieces using a sharp knife dipped in hot water and wiped dry between cuts for clean slices. Top with fresh berries or your favorite sugar-free drizzle.

Tips for Success

1. Room temperature ingredients matter. Cold cream cheese will clump, ruining your smooth texture.
2. Don't overbeat the eggs. Low speed is your friend here.
3. No water bath needed. This recipe is designed to work without one thanks to the cornstarch and gentle cooling method.
4. Want it thicker? Swap whey protein for casein protein—it creates a denser, more cheesecake-like texture.
5. Storage: Keep refrigerated in an airtight container for up to 5 days. Freeze individual slices wrapped in plastic for up to 2 months.

Nutrition Information (Per Slice, Approximate)

Based on 8 slices using low-fat cream cheese, non-fat Greek yogurt, whey protein, and erythritol sweetener. Values will vary based on specific brands and substitutions.

Nutrient	Amount
Calories	265 kcal
Protein	20 g
Total Carbohydrates	14 g
- Sugars	5 g
- Fiber	1 g
Total Fat	14 g
- Saturated Fat	7 g
Cholesterol	85 mg
Sodium	380 mg
Potassium	180 mg
Calcium	200 mg