Prep Time	5 minutes
Cook Time	0 minutes (no-bake)
Chill Time	15–30 minutes (optional)
Total Time	5–10 minutes (or 35 minutes chilled)
Yield	1 large serving (or 2 smaller servings)
Difficulty	Easy
Cuisine	American / High-Protein Dessert

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Ingredients

For the fluff base:

- ¾ cup (170 g) plain nonfat Greek yogurt (or 2% for creamier texture)
- ½ scoop (15 g) vanilla or cake-batter protein powder
- 2 tablespoons sugar-free vanilla pudding mix (about ¼ of a small box) — *the secret thickening agent*
- 2 tablespoons light cream cheese, softened (or fat-free cream cheese)
- 1 tablespoon powdered sweetener (erythritol, monk fruit, or confectioners' sugar)
- ¼ teaspoon vanilla extract
- ¼ teaspoon butter extract (optional — this is what makes it taste like sugar cookie dough)
- Pinch of salt
- 2–4 tablespoons unsweetened almond milk, to thin

For the sugar cookie crunch:

- 1 sheet (about 2 crackers) graham cracker, crushed — or 1 crushed sugar-free vanilla wafer

- ½ tablespoon rainbow sprinkles
- Pinch of cinnamon (optional)

For topping (optional):

- 1 tablespoon light whipped topping (like Cool Whip Light)
- Extra sprinkles
- A few white chocolate chips (sugar-free for lower carb)

Equipment Needed

- Medium mixing bowl
- Hand mixer or whisk (a fork works in a pinch)
- Silicone spatula
- Measuring cups and spoons

- Small zip-top bag or rolling pin (for crushing crackers)
- Serving glass or jar

Instructions

Step 1: Soften the Cream Cheese — *Time: 1 minute* | *Intensity: Low*

If your cream cheese is cold, microwave it in a small bowl for 10–15 seconds until soft and stirrable but not melted. Soft cream cheese blends smoothly — cold cream cheese leaves lumps that never fully incorporate.

Step 2: Combine the Base Ingredients — *Time: 2 minutes* | *Intensity: Medium*

In a medium mixing bowl, add the Greek yogurt, protein powder, pudding mix, softened cream cheese, powdered sweetener, vanilla extract, butter extract (if using), and a pinch of salt. Whisk vigorously for 60–90 seconds until the mixture is completely smooth, thick, and glossy. It should hold soft peaks — if it looks like thick cake batter, you're on track.

Texture check: If the fluff is too thick or crumbly (common with certain protein powders), add almond milk 1 tablespoon at a time, whisking between each, until it reaches a mousse-like consistency. If it's too thin, add another tablespoon of pudding mix or 1–2 more tablespoons of protein powder.

Step 3: Whip for Volume — *Time: 1 minute | Intensity: Medium*

For maximum fluffiness, whip the mixture with a hand mixer on medium-high speed for 45–60 seconds, or whisk by hand vigorously for 90 seconds. The pudding mix and yogurt trap air, creating that cloud-like texture. Don't skip this — it's the difference between "protein sludge" and "fluff."

Step 4: Crush the Cookie Topping — *Time: 1 minute | Intensity: Low*

Place the graham crackers (or vanilla wafers) in a zip-top bag and crush with a rolling pin or the back of a spoon until you have a coarse crumble — some fine crumbs, some small crunchy pieces. Mix in the cinnamon if using.

Step 5: Layer and Assemble — *Time: 1 minute | Intensity: Low*

Spoon half the fluff into a serving glass or jar. Sprinkle with half the crushed cookie crumbs and a few sprinkles. Add the remaining fluff on top, then finish with the rest of the crumbs and a final flourish of sprinkles.

Step 6: Chill (Optional but Recommended) — *Time: 15–30 minutes | Intensity: Low (passive)*

For the thickest, most cheesecake-like texture, refrigerate for 15–30 minutes before eating. The pudding mix continues to set, and the flavors meld into that unmistakable sugar cookie cheesecake profile. If you can't wait — we understand — eat it immediately. It's still delicious.

Step 7: Serve — *Time: 1 minute | Intensity: Low*

Top with a dollop of whipped topping and extra sprinkles if desired. Grab a spoon and enjoy straight from the glass.

Time & Intensity Summary

Phase	Duration	Intensity
Soften cream cheese	1 minute	Low
Combine base ingredients	2 minutes	Medium
Whip for volume	1 minute	Medium
Crush cookie topping	1 minute	Low
Layer & assemble	1 minute	Low
Chill (optional)	15–30 minutes	Low (passive)
Serve	1 minute	Low
Total	5–10 minutes active	Easy

Nutrition Information (Per Serving — entire recipe, no optional toppings)

Nutrient	Amount
Calories	245 kcal
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	20 mg
Sodium	380 mg
Total Carbohydrates	22 g
Dietary Fiber	2 g
Total Sugars	8 g (mostly from yogurt and graham cracker)
Protein	28 g
Calcium	25% DV
Iron	0.5 mg