



### NUTRITION PER SERVING:

<b>CALORIES</b>	310
<b>PROTEIN</b>	28 G
<b>CARBOHYDRATE</b>	29 G
<b>TOTAL FAT</b>	9 G

<b>PREP TIME:</b>	35 MINUTES
<b>COOK TIME:</b>	15-20 MINUTES

<b>YIELD:</b>	2 SERVINGS
<b>SERVING SIZE:</b>	GLASS OR BOWL
<b>SERVINGS:</b>	2 GLASSES OR BOWLS

### INGREDIENTS:

<b>½ C</b>	NONFAT GREEK YOGURT
<b>½ C</b>	FRESH RASPBERRIES
<b>¼ CUP</b>	COOL WHIP LITE TOPPING
<b>1 SCOOP</b>	VANILLA CREME WHEY PROTEIN POWDER
<b>2 OZ</b>	REDUCED FAT CREAM CHEESE
<b>2 TBSP</b>	GRANULATED SWEETENER
<b>¼ TSP</b>	VANILLA EXTRACT

### CRUST:

<b>¼ C</b>	GRAHAM CRACKER CRUMBS
<b>1/2 SCOOP</b>	VANILLA CREME WHEY PROTEIN POWDER
<b>2 TBSP</b>	CRUSHED ALMONDS PINCH SALT



## RASPBERRY CHEESECAKE

- 01 Make the crust first by combining graham cracker crumbs, protein powder, almonds, coconut oil, and salt into a food processor and pulse to blend for a few seconds.
- 02 Evenly divide and put half of the crumb mixture into the bottom of two glasses (or bowls). Set aside.
- 03 Now make the filling by putting yogurt, Cool Whip, protein power, cream cheese, sweetener, vanilla extract, and 4 raspberries into the same food processor and blend until whipped and fluffy.
- 04 Evenly spoon the whipped filling into each cup on top of the graham crumb mixture and then top with the fresh raspberries.
- 05 Put in the fridge and let set for at least 30 minutes to set. Enjoy!

