



LEMON CHEESECAKE PROTEIN CUPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Plain Low-fat Greek Yogurt	1 Cup	Juice + Zest	1 Lemon
Low-fat Cottage Cheese (Blended Smooth)	½ Cup	Vanilla Extract	½ Tsp.
Vanilla Protein Powder	1 Scoop	Crushed Graham Crackers or Almond Crumble (Optional)	1 Tbsp.
Honey or Sweetener	1-2 Tsp.		

SERVING SIZE

1

PREPARATION

- Blend cottage cheese until completely smooth
- Mix with Greek yogurt, protein powder, lemon juice, zest, vanilla, and sweetener.
- Spoon into cups.
- Chill for 20-30 minutes before serving.
- Top with optional crumble, if desired.