



LEMON CHEESECAKE PROTEIN MOUSSE



INGREDIENTS

ITEM	QUANTITY
• Lactose-free Cream Cheese	2.5 lbs
• Lactose-free Greek Yogurt	4 Tbsp
• Maple Syrup	1
• Lemon Juice	3 Tbsp.
• Lemon Zest	1 Tsp.
• Vanilla Extract	1 Tsp.

SERVING SIZE 1



PREPARATION

- ✔ Place cream cheese in a bowl and beat or whisk until completely smooth with no lumps.
- ✔ Add Greek yogurt and mix until fully incorporated.
- ✔ Add maple syrup, lemon juice, lemon zest, and vanilla extract.
- ✔ Whisk vigorously until mixture becomes light, smooth, and slightly fluffy.
- ✔ Chill for 20-30 minutes before serving for best texture.