

Choco Fever Dream

Easy High Protein Cheesecake Jars

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 1 cup almond flour
- [ ] 2 tbsp melted butter
- [ ] 1 tbsp honey

Filling

- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 1 cup cottage cheese
- [ ] 1/2 cup vanilla whey protein powder
- [ ] 3 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] Zest of 1 lemon
- [ ] Fresh berries for topping

Instructions

1. Combine almond flour, melted butter, and honey in a bowl; press the mixture into the bottom of four 8-oz jars, creating an even layer.
2. Blend Greek yogurt, cottage cheese, and protein powder in a food processor until completely smooth.
3. Stir in honey, vanilla extract, and lemon zest, then taste and adjust sweetness if needed.
4. Spoon the filling over the crusts, smoothing the top with the back of a spoon.
5. Refrigerate the jars for at least two hours; finish with fresh berries or a drizzle of melted chocolate before serving.

Nutrition per serving

220 kcal	18 g	18 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer taste, let the filling sit at room temperature for 10 minutes before chilling.
- If the almond crust feels dry, add an extra teaspoon of butter.
- Use a fine mesh sieve to ensure the filling is lump-free.