

Choco Fever Dream

Easy No-Bake High Protein Cheesecake Fluff

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 1 cup low-fat cottage cheese
- [ ] 8 oz cream cheese, softened
- [ ] 1/2 cup whey protein powder (vanilla)
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice

Optional Toppings

- [ ] Fresh berries
- [ ] Shaved dark chocolate
- [ ] A sprinkle of toasted almonds

Instructions

1. In a large bowl, blend the Greek yogurt, cottage cheese, and softened cream cheese until completely smooth.
2. Add the whey protein powder, honey, vanilla extract, and lemon juice; whisk on low speed until fully incorporated.
3. Using a clean whisk, whip the mixture for 1-2 minutes just until it becomes light and airy; be careful not to over-mix.
4. Transfer the fluff into serving glasses, smooth the tops, and refrigerate for at least 60 minutes.
5. Before serving, add your chosen toppings such as fresh berries or a dusting of cocoa.

Nutrition per serving

210 kcal	22 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, add a tablespoon of almond milk and blend briefly.
- For extra flavor, swirl in a spoonful of fruit puree before chilling.
- Taste the sweetener before chilling; adjust to your preference.