

HIGH PROTEIN STRAWBERRY CHEESECAKE WHIP

INGREDIENTS

- 200g low-fat cottage cheese
- 1 scoop vanilla or strawberry protein powder
- ½ cup fresh or frozen strawberries
- 1 tsp lemon juice
- 1–2 tsp sweetener of choice
- Optional: crushed graham cracker or granola for topping

DIRECTIONS

- **Blend the Base:** In a high-speed blender or food processor, combine the cottage cheese, strawberries, protein powder, lemon juice, and sweetener. Blend until smooth and creamy. You may need to scrape down the sides once or twice to ensure even blending.
- **Adjust to Taste:** Taste the mixture and adjust sweetness if needed—add a touch more sweetener or a squeeze of lemon juice for extra brightness.
- **Chill (Optional):** For a thicker, more cheesecake-like texture, refrigerate the mixture for 20–30 minutes before serving.
- **Serve & Top:** Spoon into small cups or bowls. Top with extra strawberry slices and a sprinkle of crushed graham crackers or granola for that “cheesecake crust” crunch.



Macros

Calories: ~190

Protein: ~24g

Carbs: ~10g

Fat: ~4g

Makes two servings

A creamy, high-protein dessert that tastes just like cheesecake—without the heavy calories. Blended cottage cheese and protein powder create a rich, whipped texture that pairs perfectly with sweet strawberries and a hint of lemon. It's light, refreshing, and ready in minutes, making it perfect for post-workout or late-night cravings. Top it with a sprinkle of granola or crushed graham cracker for that classic cheesecake crunch. 🍓

