

Zucchini Bread Recipes

High Protein Cheesecake Jars

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

Ingredients

Crust

- [ ] 1 cup almond flour
- [ ] 2 tbsp melted coconut oil
- [ ] 1 tbsp honey
- [ ] Pinch of salt

Filling

- [ ] 1 ½ cup Greek yogurt (full-fat)
- [ ] ½ cup low-fat cottage cheese
- [ ] ¼ cup vanilla protein powder
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest
- [ ] ¼ cup Greek yogurt (for topping, optional)

Instructions

1. Combine almond flour, melted coconut oil, honey, and a pinch of salt in a bowl; press the mixture into the bottom of each jar to form a firm crust.



2. Blend Greek yogurt, cottage cheese, protein powder, honey, and lemon zest until smooth; I often use a hand blender for that perfectly silky texture.



3. Spoon the creamy filling over the crust in each jar, smoothing the top with the back of a spoon.



4. Cover the jars and refrigerate for at least one hour. High-protein chocolate pairs nicely with this treat.



5 Before serving, drizzle a little extra honey and sprinkle with additional lemon zest or fresh berries for a burst of color.



Nutrition per serving

220 kcal	18 g	15 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the crust is firmly pressed to avoid crumbling when you lift the jar.
- If the filling seems too thick, add a splash of milk or almond milk and blend briefly.
- For extra indulgence, swirl in a teaspoon of peanut butter before chilling.