

Zucchini Bread Recipes

Mini Protein Cheesecakes – Healthy Gluten-Free Treat

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Cheesecake Base

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

Filling

- [ ] 8 oz full-fat cream cheese, softened
- [ ] 1/3 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 1 scoop vanilla whey protein powder
- [ ] 1 tbsp lemon zest
- [ ] 2 tbsp Greek yogurt (optional for extra tang)

Instructions

1. Preheat the oven to 325°F (160°C). Line a 12-cup mini muffin tin with paper liners.
2. Combine almond flour, melted coconut oil, honey, and sea salt; press the mixture into the bottom of each liner to form a thin crust.
3. In a mixing bowl, beat the softened cream cheese until smooth, then add honey, vanilla, protein powder, lemon zest, and Greek yogurt; mix until creamy.
4. Spoon the filling over the crusts, smoothing the tops. Bake for 18-20 minutes, until the edges are lightly golden.
5. Remove from oven, let cool for 10 minutes, then refrigerate for at least 1 hour before serving.
6. Top with fresh berries or a drizzle of honey, if desired, and enjoy.

Nutrition per serving

180 kcal	9 g	15 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-mix the batter; gentle folding keeps the texture light.
- If the crust feels too dry, add an extra teaspoon of melted coconut oil.
- For extra flavor, swirl a dollop of protein dough into the filling before baking.