Michele Sodon

NUTRITION PER SERVING:

CALORIES	310
PROTEIN	28 G
CARBOHYDRATE	29 G
TOTAL FAT	9 G

PREP TIME:	35 MINUTES
COOK TIME:	15-20 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	GLASS OR BOWL
SERVINGS:	2 GLASSES OR BOWLS

INGREDIENTS:

½ C	NONFAT GREEK YOGURT
½ C	FRESH RASPBERRIES
¼ CUP	COOL WHIP LITE TOPPING
1 SCOOP	VANILLA CREME WHEY PROTEIN POWDER
2 OZ	REDUCED FAT CREAM CHEESE
2 TBSP	GRANULATED SWEETENER
¼ TSP	VANILLA EXTRACT

CRUST:

¼ C	GRAHAM CRACKER CRUMBS
1/2 SCOOP	VANILLA CREME WHEY PROTEIN POWDER
2 TBSP	CRUSHED ALMONDS PINCH SALT

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RASPBERRY CHEESECAKE

01 Make the crust first by combining graham cracker crumbs, protein powder, almonds, coconut oil, and salt into a food processor and pulse to blend for a few seconds.

02 Evenly divide and put half of the crumb mixture into the bottom of two glasses (or bowls). Set aside.

03 Now make the filling by putting yogurt, Cool Whip, protein power, cream cheese, sweetener, vanilla extract, and 4 raspberries into the same food processor and blend until whipped and fluffy.

04 Evenly spoon the whipped filling into each cup on top of the graham crumb mixture and then top with the fresh raspberries.

05 Put in the fridge and let set for at least 30 minutes to set. Enjoy!