

## High Protein Mini Cheesecakes



**Servings: 2**

### Ingredients:

- 1 cup cottage cheese
- 1 small container vanilla Greek yogurt (150 grams) (such as Light & Fit Greek Vanilla)
- 1 egg

### Topping:

- 1 cup strawberries, blackberries, raspberries and/or blueberries

### Instructions:

1. Preheat your oven to 350°F (175°C).
2. Blend together the cottage cheese, Greek yogurt, and egg until smooth.
3. Spray two ramekins with nonstick spray and divide the mixture between them.
4. Bake in the oven for 20 minutes.
5. Remove from the oven and let them chill in the fridge for at least an hour.
6. Top with ½ cup berries on each before serving.

ENDO recipe High Protein Cheesecakes

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories199.5

		% Daily Value*
<b>Total Fat</b>	5.5 g	7 %
Saturated Fat	2.3 g	11 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	108.7 mg	36 %
<b>Sodium</b>	404 mg	18 %
<b>Total Carbohydrate</b>	15.8 g	6 %
Dietary Fiber	1.5 g	5 %
Total Sugars	12.1 g	
Added Sugars	0.5 g	1 %
<b>Protein</b>	21.2 g	
<b>Vitamin D</b>	0.5 mcg	3 %
<b>Calcium</b>	225.9 mg	17 %
<b>Iron</b>	0.7 mg	4 %
<b>Potassium</b>	365.1 mg	8 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](http://cronometer.com)

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