

## Nutrition Facts

Servings Size: 1 Cheesecake

Recipe Makes: 13 Servings

Amount Per Serving

**Calories** **51**

**Total Fat** 0.5g

**Total Carbohydrate** 4g

**Protein** 8g



# Fruity Pebble Mini Protein Cheesecakes

### INGREDIENTS (make 13):

- 240g 2% Cottage Cheese
- 240g Plain Non Fat Greek Yogurt
- 100g Egg Whites
- 50g Vanilla Whey/Casein Blend Protein Powder
- 12g Sugar Free/Fat Free Cheesecake Pudding Mix
- 8g Zero Cal Sweetener
- 42g Crushed Fruity Pebbles
- Fat Free Whipped Cream

1. Add all your ingredients (except fruity pebbles) to small blender and blend till smooth.
2. Add crushed fruity pebbles to batter and mix it in. Then add batter evenly to your mini silicone cupcake molds. I had enough batter for 13.
3. I fit 9 in my air fryer at a time. Air fry on 250 degrees F for 15-17 minutes.
4. Let cool at room temp for about 30 minutes. Then add to fridge for at least a few hours to really thicken up. Ideally the longer the better. I like overnight. Just make sure you add them to a tupperware container.
5. Then once all is ready, add your whipped cream and more fruity pebbles to your cheesecakes and enjoy!