

# No Bake Protein Cheesecake

🕒 10 minutes

Yields 8 servings. Serving size: 1 slice. Cal: 290. Fat: 25g. Carbs: 18g. Fiber: 3g. Sugar: 1g. Protein: 10g.

*This healthy twist on a traditional no bake cheesecake provides you with more protein per slice, less calories and sugars, and will satisfy anyone's sweet tooth!*

Sources: <https://www.gnom-gnom.com/paleo-keto-graham-cracker-pie-crust/> (crust)  
<https://www.marthastewart.com/858246/no-bake-cheesecake> (photo only)

## Ingredients

### Crust

- 2 C almond flour
- 1/2 C powdered sweetener (Swerve is great!)
- 1 tsp ground cinnamon
- 1/4 tsp kosher salt
- 1/2 C melted butter

### Filling

- One 11oz vanilla ready-to-drink protein shake (Premier Protein is great!)
- 2 Tbsp sugar free cheesecake Jell-O pudding mix

## Method

To make the crust:

1. Lightly toast almond flour in a dry skillet over medium heat until golden and fragrant (about 2-4 minutes).
2. Transfer toasted almond flour to a small bowl and mix in cinnamon, kosher salt, and sweetener. Once dry ingredients are combined, add in butter, and mix well.
3. Press crust into a pie crust, set aside.

To make the filling:

1. Pour entire 11oz vanilla protein shake into a blender. Add in 2 Tbsp sugar free cheesecake Jell-O pudding mix. Blend until well combined.
2. Pour blended filling into crust. Cover and set until firm in the fridge for 2-4 hours before serving.