Christmas - Clean

PEANUT BUTTER PROTEIN CHEESECAKE

INGREDIENTS

Cheesecake

- 1 tbsp powdered gelatin
- 120ml non-fat milk
- 2 tbsp non-fat Greek yogurt
- 240g low-fat cottage cheese
- 4 tbsp PB2
- 4 tbsp monkfruit erythritol sweetener
- 120ml boiling water

Crust

- 2 sugar-free digestive biscuit
- 2 tbsp non-fat milk

Toppings

- 20g sugar-free dark chocolate
- 125g fresh raspberries
- 4 tbsp PB2
- 4 tbsp non-fat milk

DIRECTIONS

Make the crust
Crush up the digestive biscuits.
Mix with non-fat milk until combined. Press into the bottom of a ramekin.

Make the cheesecake
In a small bowl, add cold milk to powdered gelatin and mix until dissolved. Let sit for 5 minutes. Then, add boiling water and mix until combined.
Transfer mixture to a blender. Add the rest of the cheesecake ingredients. Blend on high until completely smooth and creamy.
Pour mixture on top of crust.
In a microwave-safe bowl, heat dark chocolate until melted, about 20-30 seconds. Drizzle melted chocolate on top of cheesecake.
Let cheesecake set in the fridge for 1 hour or overnight.

When ready to serve, mix up 4 tbsp PB2 with 4 tbsp non-fat milk until smooth. Drizzle on top of cheesecake. Garnish with some fresh raspberries. Enjoy!

NOTES

- I used PB2 powdered peanut butter but you can use any brand you like.
- For the crust, feel free to substitute sugar-free digestive biscuit with any other biscuit of choice. You can try my 3 Ingredient Peanut Butter Cookies, or Gluten-Free Low-Carb Almond Crackers too! Just be sure to omit the spices.
- Feel free to substitute monkfruit erythritol sweetener with any other sweetener of choice.

SERVES: 4

CREDIT: https://chloeting.com/recipes/

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