



# Orange Vanilla No-Bake Protein Cheesecake Cups

MAKES 2 SERVINGS

## INGREDIENTS

### Base:

- 1/2 cup 0% Greek yogurt
- 1/3 cup low-fat cottage cheese (blended until smooth)
- 1/2 scoop vanilla protein powder
- 1 tsp orange zest
- 1/4 tsp vanilla extract
- 2-3 drops liquid stevia

### Berry Chia Topping:

- 1/4 cup fresh or frozen mixed berries, roughly chopped
- 1 tbsp chia seeds
- 1 tbsp water
- 1/2 tsp orange zest
- 1-2 drops liquid stevia

## DIRECTIONS

### For Topping:

- In a small bowl, combine berries, chia seeds, water, orange zest, and stevia.
- Mix well and refrigerate 20 minutes to thicken.

### For Cheesecake Base:

- Blend cottage cheese in a small blender until completely smooth.
- In a medium bowl, whisk together blended cottage cheese, Greek yogurt, protein powder, orange zest, vanilla extract, and stevia until smooth and fluffy.
- Divide cheesecake mixture between two small glasses or jars.
- Top each with berry chia mixture.
- Refrigerate 30 minutes before serving.

**CALORIES**  
**130-160**  
kcal

**PROTEIN**  
**18-22**  
grams

**CARBS**  
**10-15**  
grams

**FIBER**  
**2-3**  
grams

**FAT**  
**3-5**  
grams