

# Very Cherry Pro Cheesecake Bites

Recipe makes 12 servings, each serving is:

90  
kcal

4 g  
fat

7 g  
carbs

7 g  
pro

## Ingredients

- 6 graham wafers, blended into crumbs
- 2.5 Tbsp butter
- 1 c. cottage cheese
- 2 whole eggs
- 2 scoops vanilla whey protein
- 1/2 c. frozen dark cherries
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- Pinch of salt

## Directions

1. Preheat an oven to 375 degrees F.
2. In a medium mixing bowl, combine the graham wafer crumbs and butter to form the crust. Disperse equally in a 12 portion silicone muffin tin. Pack them down lightly and transfer to the oven for ~5 minutes.
3. In a blender, combine the cottage cheese, eggs, protein powder, frozen cherries, maple syrup, vanilla, and the pinch of salt. Blend until smooth.
4. Remove the crusts from the oven, reduce heat to 325 degrees F, and disperse the cheese cake mixture evenly over the crusts. Transfer back to the oven and bake for ~15 minutes until they are slightly firm and you can see a bit of browning along the sides.
5. Rest for ~20 minutes and remove from the silicone. Cool in the fridge for at least 1-2 hours before eating!

**THE NUTRITIONIST**

