
CRUSH IT! Café: Chunky Monkey Cheesecakes

Bananas and peanut butter go together perfectly and are staples in many kitchens. For this recipe, you'll want just slightly soft bananas. If your bananas are black and mushy, save them for banana bread as they will be too sweet. To lower the fat content even more, you could use fat free cream cheese and omit the peanut butter topping. The recipe makes 2 mini cheesecakes, perfect for you and a friend!

Recipe:

3 full graham cracker sheets

1 T. (14g) light margarine, melted

4 oz. (112g) light cream cheese, at room temp

½ cup (113g) Fage 0% greek yogurt

1 whole egg

1 tsp. vanilla extract

1 T. no calorie sweetener of your choice

1 scoop (28.4g) Core ISO, Peanut Butter Toffee

2 T. (14g) powdered peanut butter

1 medium banana (about 100g)

Topping: 2 T. peanut butter, melted

Directions:



Using a food processor, pulse graham crackers until finely chopped. Melt margarine in a small microwave safe bowl. Add graham cracker crumbs and mix well. Preheat oven to 350 degrees Fahrenheit. Evenly distribute crumbs into two mini 4" cheesecake pans and press into the bottom. Set aside while you make the filling. (You can use muffin tins if cheesecake pans are not available).

Using a mixer, beat cream cheese, greek yogurt, egg, vanilla, sweetener, and 60g of banana until fluffy. Fold in powdered peanut butter and protein powder. Spoon cream cheese mixture on top of graham cracker crumbs. Slice remaining banana and place on top of cheesecake. Bake for 15-20 minutes until just set. Let cool while melting 2 T. peanut butter in microwave safe bowl. Drizzle melted peanut butter on top of cheesecakes. Store in refrigerator up to 3 days. (Peanut butter topping included in macros).

Macros

Serving Size: ½ cheesecake

Servings: 4

297 calories

15g Fat

22g Carbohydrates

16g Protein