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## CRUSH IT! Café: Salted Caramel Cheesecake

Do you say car-mel or cara-mel? Regardless of how you say it, cheesecakes are delicious. They are the perfect dessert to add a scoop of protein powder to because it acts a sweetener. Swap regular cream cheese for light, egg whites for an egg and add greek yogurt for extra protein. There's 50g of protein in the whole mini cheesecake, enough for you or share with your friends.

### **Ingredients:**

#### **Crust:**

1/3 cup (33g) graham cracker crumbs

2 T. (28g) light butter

#### **Filling:**

1 scoop (28.4g) Core Nutritionals ISO Salted Caramel

1 container (150g) Dannon Okios triple zero salted caramel greek yogurt

1 T. (15g) liquid egg whites

1 T. unsweetened almond milk

4 oz. (112g) light cream cheese, softened

1 T. no calorie sweetener

¼ tsp. vanilla extract

Dash of salt



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**Topping:**

1 T. Caramel Sauce, sugar free

**Directions:**

Preheat oven to 350 degrees. In a microwave safe bowl, melt 1 T. butter. Add graham cracker crumbs and stir to combine. In a small 5" spring form pan, press crumbs in the bottom. Set aside while you make the filling.

In a mixing bowl, add softened cream cheese, greek yogurt and sweetener, beat to combine. Stir in protein powder, egg white, almond milk, vanilla and salt until mixed. Pour filling into prepared pan. Bake for 15-20 minutes until just set. Cheesecake should be soft in the middle. Don't overcook or it will dry out. Drizzle with 1 T. caramel sauce. To make it extra fancy, sprinkle some coarse sea salt on top. Keep in refrigerator for 2-3 days.

**\*Macros**

Serving Size: ¼ cheesecake

Servings: 4

170 calories

7.9g Fat

15.2g Carbohydrates

12.8g Protein