



High-Protein Berry Cheesecake

Ingredients

2 cups low fat cottage cheese
1/2 cup low-fat sour cream
1/2 cup strawberry protein powder
1/4 cup Splenda
1 tsp vanilla extract
1 cup frozen raspberries in light syrup

Directions

1. Place all the ingredients in a bowl together and blend until very smooth.
2. Next pour into a non-stick or sprayed pie pan and place on the top rack of your oven.
3. Place another pan with water underneath it on the lower wrack and bake for 30-40 minutes at 375 degrees F.
4. Let cool before spooning berries and light syrup over and serving.