



Protein Cheesecake

- *Protein Cheesecake*
 - *½ cup fat-free cream cheese*
 - *½-1 scoop vanilla or chocolate protein*
 - *Stevia extract*
 - *Milk*
 - *Wheat or Graham cracker*
 - *Sugar-free jelly or fresh fruit (optional)*

To prepare it, take ½ cup of fat-free cream cheese and mix it with a ½ or full scoop of vanilla (or chocolate if you prefer) protein powder along with some Stevia extract. Add milk as needed for a smooth consistency.

Serve the mix on top of a whole-wheat or graham cracker. To liven up the flavor, top with a teaspoon of sugar-free jelly or some fresh, sliced strawberries.