

Mini Protein Cheesecakes

Course: **Healthy Baking, Healthy Recipes**

Servings	Prep time	Cooking time	Total time
12 servings	10 minutes	20 minutes	30 minutes

Ingredients

For the Crust

- 180 g (1 ½ cups) graham cracker crumbs
- 70 g (5 Tbsp) salted butter, melted

For the Cheesecake

- 227 g (8 oz) cream cheese, room temperature
- 170 g (¾ cup) plain 0% Greek yogurt, room temperature
- 50 g (¼ cup) granulated sugar
- 1 large egg + 1 egg yolk
- 5 ml (1 tsp) vanilla extract
- ½ tsp lemon zest (optional)
- 10 ml (2 tsp) lemon juice
- 8 g (1 Tbsp) arrowroot starch or cornstarch

Directions

- 1 Prepare the Crust:** Start by preheating your oven to 350°F (175°C). Line a muffin tin with 12 cupcake liners. In a food processor, pulse graham crackers until finely crushed. Alternatively, place the crackers in a plastic bag and crush them with a rolling pin. Mix the graham cracker crumbs with melted butter until the texture resembles wet sand. Divide the mixture evenly among the cupcake liners, about 1.5 tablespoons per liner. Press firmly into the bottom of each liner to create a packed crust. Bake the crusts for 5–6 minutes, then let them cool for 5–10 minutes while you prepare the filling.
- 2 Make the Cheesecake Filling:** In a large mixing bowl, beat the room-temperature cream cheese with a handheld mixer until smooth. Add the Greek yogurt, sugar, egg, egg yolk, vanilla extract, lemon juice, lemon zest (if using), and arrowroot starch. Mix on low speed until just combined. Avoid overmixing to prevent cracking.
- 3 Assemble and Bake:** Spoon the cheesecake filling evenly into the cooled crusts, filling each liner about ¾ full. Bake for 17–20 minutes, or until the centers are set and no longer jiggle. Remove from the oven and let the cheesecakes cool in the tin for 30 minutes before transferring them to the refrigerator.
- 4 Chill and Serve:** Refrigerate the cheesecakes for at least 3 hours to allow the flavors to develop and the filling to fully set. Once chilled, top with fresh berries, a dollop of Greek yogurt, or a sprig of mint for a

decorative touch.