



Key Lime No-Bake Protein Cheesecake

Makes 6 servings, 4 ounces each

Ingredients

- 1 cup of boiling water
- .3 ounce Sugar-Free Lime Jello (dry mix, 1 box)
- 4 ounces of Nonfat Plain Greek Yogurt
- 1/2 scoop of [Foothills Weight Loss Protein Powder, Vanilla](#) (23.5 grams)
- 4 ounces 1/3 Less Fat Neufchatel Cream Cheese, softened

Directions

1. Mix dry sugar-free Jello in one cup of boiling water.
2. Mix with a whisk until the dry mix is dissolved.
3. In a separate bowl, mix the nonfat plain Greek yogurt and the one-half scoop of protein powder together until blended.
4. Place the softened Neufchatel cream cheese into the Jello mixture and whisk until mixed.
5. Add the yogurt and protein powder mixture into the Neufchatel cream cheese Jello mixture.
6. Whisk until all is incorporated and blended well.
7. Pour mixture into the individual serving dishes and place in the refrigerator 2-3 hours to set up.

Optional: When you're ready to serve, add your favorite toppings, such as crumbled protein cereal, coconut, or whipped topping.

Nutritional Info Per Serving (without toppings)

Calories 78; Protein 6g; Fat 4g; Carbs 3g; Sugars 1g