

No Bake!

Seven Protein Cheesecake Recipes Nourishing Enough for Breakfast

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{No-bake}

Pomegranate Chocolate Protein Cheesecakes



Serves 4 | 15 Min Prep | 1 hr. Chill

Ingredients:

2/3 cup pomegranate arils
1 Tbsp. dry chia seeds
2 Tbsp. water
1/4 cup nut butter
1/2 cup old fashioned oats
1 Tbsp. [Sugar-free Honey Substitute](#)
1 1/2 cups 2% cottage cheese
2/3 cup [Chocolate Protein Powder](#)
2 Tbsp. unsweetened cocoa powder
1/4 cup milk

Instructions: Add pomegranate arils, chia seeds and water to blender. Pulse for 30 seconds until coarsely combined. Pour into small bowl and refrigerate during remaining prep time.

Meanwhile, mix together oats, nut butter and honey substitute. Form into 4 equal sized balls, set in the bottom of a 7 to 8-ounce glass jar or ramekin, use back of spoon to press down into “crusts.”

In blender, mix together cottage cheese, milk, honey substitute and protein powder until smooth. Stop blender to scrape down sides occasionally with spatula. Once smooth, spoon evenly over the 4 crusts.

Spoon pomegranate mixture over cheesecake layers. Chill finished cheesecakes for another hour before eating. Keep covered in refrigerator for 4 to 5 days. See page 11 for nutrition facts.

{No-bake}

Blackberry Dragon Fruit Protein Cheesecakes



Serves 4 | 15 Min Prep | 1 hr. Chill

Ingredients:

2/3 cup cubed pink dragon*

1/3 cup blackberries *

2 to 4 Tbsp water

2 Tbsp chia seeds

¼ cup nut butter of choice

½ cup old fashioned oats

1 tablespoon [Sugar-free Honey Substitute](#)

1 ½ cups 2% cottage cheese

3 Tbsp milk of choice

2/3 cup [vanilla protein powder](#)

*fresh or frozen and thawed

Instructions: Add dragon fruit and blackberries to blender, along with water. Pulse lightly for 30 seconds until everything coarsely combined. Pour into small bowl and refrigerate during remaining prep time.

Meanwhile, in small bowl, mix together oatmeal, nut butter and honey substitute. Form into 4 equal sized balls, set in the bottom of a 7 to 8-ounce glass jar or ramekin, use back of spoon to press down “crust.”

In blender, mix together cottage cheese, milk, and protein powder until smooth. It will be thick, so stop blender to scrape down sides occasionally with spatula. Once smooth, spoon evenly over the 4 crusts.

Remove fruit mixture from refrigerator and spoon over cheesecake layer. Chill finished cheesecakes for one hour before eating. May be kept covered in refrigerator for 4 to 5 days. See page 11 for nutrition facts.

{No-bake}

Amazing Green Chia Protein Cheesecakes



Serves 4 | 15 Min Prep | 1 hr. Chill

Ingredients:

1 scoop [Green Super Food Powder](#)

¼ cup chia seeds

8 little packets stevia divided

1 cup unsweetened almond milk, divided

3 tablespoons almond flour

3 tablespoons shredded unsweetened coconut

2 tablespoons nut butter of choice

1 cup no-fat cottage cheese

2/3 cup [vanilla protein powder](#) of choice

Instructions: Shake together green superfood powder, chia seeds and 3 packets of stevia with 3/4 cup + 1 tablespoon of almond milk in mason jar. Set in fridge to gel up for 1 hour.

Meanwhile, mix almond meal, shredded coconut, and nut butter together into a crumbly dough. Divide and press into the bottom of four 6- to 8-ounce jars or ramekins.

In blender, blend cottage cheese, 2/3 cup vanilla protein powder, 5 little packet stevia, and remaining 3 tbsp. almond milk until mostly creamy.

To assemble, spoon cheese mixture evenly over crusts, topping with even portions of the gelled green chia mixture. Garnish with cacao nibs, or as desired.

Keep in refrigerator, covered for 4 to 5 days) See page 11 for nutrition facts.

{No-bake}

Maple Pecan Protein Cheesecakes



Serves 4 | 15 Min Prep | 1 hr. Chill

Ingredients:

1/3 cup old-fashioned oats

½ cup pecan meal, divided

¼ cup [Sugar-free Maple-flavor Syrup](#),
divided

1 ½ cups 2% cottage cheese

2/3 cup [vanilla whey protein powder](#)

½ tsp. cinnamon

Instructions: In small bowl, mix together oats, ¼ cup of the pecan meal and 1 to 1 ½ tablespoon of the syrup until sticky and combined (will still be crumbly).

Mash mixture, divided evenly, into the bottoms of four 8 -oz containers to serve as the “crust.”

In blender, add cottage cheese, remaining syrup, remaining ¼ cup pecan meal, protein powder and cinnamon. It will be thick, so stop blender to scrape down sides occasionally with spatula.

Once smooth, spoon evenly over the 4 crusts. If desired, top with a pecan half and more syrup.

Chill finished cheesecakes for one hour before eating. May be kept covered in refrigerator for 4 to 5 days. Nutrition facts found on page 11.

{No-bake}

Blueberry Coconut Protein Cheesecakes



Serves 4 | 15 Min Prep | 1 hr. Chill

Ingredients:

2 Tbsp. [coconut butter](#) or can substitute any nut butter
¼ cup coconut flour
6 Tbsp unsweetened shredded coconut, divided
2 little packets stevia
1 ½ cups 2% cottage cheese
2 Tbsp coconut milk
2/3 cup [vanilla protein powder](#)
¾ cup fresh or frozen (thawed) blueberries, divided

Instructions: Mix together coconut butter (or other nut butter), coconut flour, stevia packets and 4 Tbsp. of shredded coconut. Form into 4 equal sized balls, set in the bottom of a 7 to 8-ounce glass jar or ramekin, use back of spoon to press down into “crusts.”

In blender, mix together cottage cheese, milk, ½ cup of the blueberries, and protein powder until smooth. Stop blender to scrape down sides occasionally with spatula. Once smooth, spoon evenly over the 4 crusts.

Top cheesecakes with remaining blueberries and coconut. Chill finished cheesecakes for another hour before eating. Keep covered in refrigerator for 4 to 5 days. See page 11 for nutrition facts.

{No-bake}

Peach Almond Chia Protein Cheesecakes



Serves 4 | 15 Min Prep | 1 hr. Chill

Ingredients:

1 large peach; peeled, pitted, pureed in blender (about ½ cup)
2 Tbsp. water
1 tsp. cinnamon, divided
1 Tbsp. chia seeds
¼ cup almond butter
1/2 cup old-fashioned oats
2 Tbsp. [Sugar-free Honey Substitute](#), divided
1 ½ cups 2% fat cottage cheese
2 tablespoons 2% milk
2/3 cup [vanilla protein powder](#)
¼ to ½ teaspoon almond extract to taste
Garnish: 4 raspberries, 4 whole almonds

Instructions: Add peeled, pitted peach to blender and puree with 2 tablespoons of water and ½ teaspoon cinnamon. Stir in chia seeds and place in fridge to “set.”

Meanwhile, in small bowl, mix together oatmeal, almond butter and 1 Tbsp. of honey substitute. Form into 4 equal sized balls, set in the bottom of a 7 to 8-ounce glass jar or ramekin, use back of spoon to press down “crust.”

In blender, mix together cottage cheese, milk, 1 tbsp honey substitute, remaining ½ teaspoon cinnamon, protein powder and almond extract until smooth. Spoon evenly across all 4 crusts.

Remove peach mixture from refrigerator and top each dish with equal portions. Garnish with a raspberry stuffed with an almond.

Chill finished cheesecakes for another hour before eating. May be kept covered in refrigerator for 4 to 5 days. Nutrition facts found on page 11.

{No-bake}

Caramel Chocolate Peanut Butter Protein Cheesecakes



Serves 4 | 15 Min Prep | 1 hr. Chill

Ingredients:

- ½ cup almond meal
- 1 Tbsp unsweetened cocoa powder
- 2 Tbsp [Sugar-free Caramel Syrup](#)
- 1 ½ cups 2% cottage cheese
- 2/3 cup [chocolate whey protein powder](#)
- 2 Tbsp [peanut butter powder](#)
- ¼ cup Sugar Free Caramel Syrup
- 2 Tbsp sugar-free chocolate chips

Instructions: Mix together almond meal, cocoa powder and caramel syrup. Form into 4 equal sized balls, set in the bottom of a 7 to 8-ounce glass jar or ramekin, use back of spoon to press down “crust.”

Make filling by blending together cottage cheese, protein powder and peanut butter powder until smooth and creamy. It will be thick, so stop blender to scrape down sides occasionally with spatula.

Once smooth, spoon evenly over the 4 crusts. For topping, pour 1 Tbsp. caramel syrup on top of each cheesecake and “decorate” with ½ tbsp of chocolate chips.

Chill finished cheesecakes for another hour before eating. May be kept covered in refrigerator for 4 to 5 days. Nutrition facts found on page 11.

Ingredient Recommendations

I have used various protein powders, sugar substitutes and other health food ingredients for years and am sharing my favorites.*



Gold Standard **FIT 40** Protein Powder from Optimum Nutrition in [Vanilla](#) and [Chocolate](#), a primarily whey isolate powder specifically designed to meet muscle recovery and protein synthesis needs of those over 40 years old.



Sugar-free flavored syrups and chocolate chips from [ChocZero](#). Low-carb, no sugar alcohols, no preservatives. Useful for my protein cheesecakes, coffee, keto treat-making and more!



If you are vegan or just trying to get more plants in your life, the **Clean Lean Protein** from [Nuzest](#) is a great choice. In the past, I have not cared for the taste of plant-based powders, but this one is awesome and also is compliant for those keeping strict Paleo.

Save 15% on any products with my Nuzest discount code: [THEFITFORK15](#)

** For disclosure, I am an affiliate for many of these brands and earn a small commission on purchases. They are products I whole-heartedly believe in and personally use on a regular basis.*

Ingredient Recommendations

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[Amazing Grass Green Superfood](#): This Organic Wheat Grass and 7 Super Greens Powder is an easy way to add two servings of fruits and veggies to your day (per scoop). A great green boost to smoothies, too!



I'm a fan [of Pbfite Peanut Butter Powder](#) and use it almost daily in things like my cheesecakes, oatmeal, smoothies, and cozy hot drinks. It's an easy way to boost protein and enjoy that rich taste without all the fat of traditional nut butters.



[Pyure Organic Stevia](#) is a hands-down favorite for this sugar-avoiding mama, with their full line stevia products – I use their organic liquid stevia in my coffee and yogurt, the stevia blends in my baking and recipes and also love to drizzle that Harmless Hunny (a [Sugar-free Honey Substitute](#)) on everything!

** For disclosure, I am an affiliate for many of these brands and earn a small commission on purchases. They are products I whole-heartedly believe in and personally use on a regular basis.*

Nutrition Facts:

Please note, exact macros may vary based on brand of protein powder, % fat cottage cheese, sweeteners, etc. These nutrition details are provided for the recipe as written.

Pomegranate Chocolate

4 Servings	
Amount Per Serving	
Calories	280.5
Total Fat	11.5 g
Saturated Fat	2.2 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.6 g
Cholesterol	4.1 mg
Sodium	375.5 mg
Potassium	148.1 mg
Total Carbohydrate	21.0 g
Dietary Fiber	5.0 g
Sugars	7.7 g
Protein	25.3 g

Blackberry Dragon Fruit

4 Servings	
Amount Per Serving	
Calories	287.6
Total Fat	10.2 g
Saturated Fat	1.8 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	2.9 g
Cholesterol	33.3 mg
Sodium	337.6 mg
Potassium	210.1 mg
Total Carbohydrate	31.2 g
Dietary Fiber	10.1 g
Sugars	5.0 g
Protein	25.0 g

Amazing Green Chia

4 Servings	
Amount Per Serving	
Calories	256.0
Total Fat	14.0 g
Saturated Fat	1.1 g
Polyunsaturated Fat	2.6 g
Monounsaturated Fat	0.4 g
Cholesterol	8.7 mg
Sodium	301.9 mg
Potassium	152.7 mg
Total Carbohydrate	13.5 g
Dietary Fiber	7.6 g
Sugars	1.7 g
Protein	20.0 g

Maple Pecan

4 Servings	
Amount Per Serving	
Calories	242.5
Total Fat	11.1 g
Saturated Fat	1.2 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.5 g
Cholesterol	23.6 mg
Sodium	369.9 mg
Potassium	97.4 mg
Total Carbohydrate	11.4 g
Dietary Fiber	1.0 g
Sugars	4.0 g
Protein	23.7 g

Blueberry Coconut

4 Servings	
Amount Per Serving	
Calories	273.1
Total Fat	13.0 g
Saturated Fat	9.9 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.4 g
Cholesterol	23.6 mg
Sodium	366.4 mg
Potassium	96.7 mg
Total Carbohydrate	16.2 g
Dietary Fiber	5.5 g
Sugars	8.1 g
Protein	24.2 g

Peach Almond Chia

4 Servings	
Amount Per Serving	
Calories	307.1
Total Fat	12.3 g
Saturated Fat	2.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.3 g
Cholesterol	23.6 mg
Sodium	359.9 mg
Potassium	261.2 mg
Total Carbohydrate	24.7 g
Dietary Fiber	4.8 g
Sugars	7.8 g
Protein	27.4 g

Caramel Chocolate Peanut Butter

4 Servings	
Amount Per Serving	
Calories	247.7
Total Fat	12.6 g
Saturated Fat	3.0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.5 g
Cholesterol	8.6 mg
Sodium	324.1 mg
Potassium	112.4 mg
Total Carbohydrate	14.9 g
Dietary Fiber	3.1 g
Sugars	5.0 g
Protein	23.8 g

About Jennifer Fisher



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Jennifer, voice behind TheFitFork.com, is an award-winning recipe developer, healthy-living content creator, spokesperson and life-long competitive athlete. Whether in person or through her blog and social media ([@thefitfork](https://www.instagram.com/TheFitFork)), Jennifer offers ways to quickly and confidently prepare balanced, nutritious meals with delicious taste. She also shares science-based nutrition tips, workout ideas and inspiration, along with general ways to make living your best life easier.