



ALTERED ATHLETICS

PROTEIN CHEESECAKE BOWL

Calories: 220

Protein: 26g | **Carbs:** 18g | **Fat:** 5g

Ingredients:

Non-fat cream cheese (Philadelphia or store brand) – 40g

Non-fat Greek yogurt – 100g

Vanilla protein powder – 20g

Lemon juice – 5g

Graham cracker crumbs – 10g

Stevia – to taste

Directions:

Mix cream cheese and Greek yogurt until smooth.

Stir in protein, lemon juice, and sweetener.

Top with graham crumbs and chill.