

Lemon Blueberry Cheesecake Meal



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.75 cup [169.5 g] Cottage Cheese (4% milk fat)
- 0.33 cup [79.2 g] Plain Non Fat Greek Yogurt
- 1 large [50 g] Egg
- 1 large [33 g] Egg White
- 1 tsp [4.7 g] Lemon Juice
- 1 tbsp [21 g] Honey
- 0.5 cup [72.5 g] Blueberries
- 1 medium [118 g] Banana

DIRECTIONS

1. Preheat oven to 350 degrees F (174 degrees C).
2. In a blender add the cottage cheese, yogurt, egg, egg white, lemon, and honey. Blend until smooth consistency.
3. Pour cottage cheese mixture evenly into 2-3 ramekins.
4. Top with blueberries.
5. Bake for 20 minutes.
6. Allow to cool and refrigerate for 1 hour before serving. Serve with a banana.

NUTRITION INFO

Calories : 503.45

Fat : 13.16 g

Carbs : 65.24 g

Protein : 38.58 g

Fiber : 4.87 g