

BIRTHDAY CHEESECAKE



INGREDIENTS:

CRUST

- 1 ready made pie crust (~100 kcals per slice)

MAKE YOUR OWN GF CRUST:

- 1.25 cup GF oats
- 1 egg white
- 2 tbsp honey

FILLING:

- 2 scoops Birthday Bliss Glam Pro
- 2 cups nonfat Greek yogurt
- 1 egg
- 3/4 cup low fat cream cheese
- 1 tsp vanilla extract
- 1 tbsp sprinkles
- 1 tsp baking powder

DIRECTIONS:

GLUTEN FREE OPTION

1. Pre-heat oven to 325 F

For GF option:

2. Blend oats into flour. Mix honey and egg white until ingredients are well incorporated
3. Place oat mixture on a 8-9 inch pie pan, press to shape the pan. Set aside

Filling:

1. Place all filling ingredients and half the sprinkles in a large bowl
2. Use an electric hand mixer to mix all ingredients together until well incorporated and creamy
3. Add filling to crust and top with remaining sprinkles
4. Place a large and deep pan with hot water (water bath) on the lower rack in the oven
5. Place cheesecake on the rack over the water bath
6. Bake for 30 minutes at 325F and another 45 minutes at 200 F
7. Allow to cool in the refrigerator for around 1 hour
8. Slice into 8 slices

Enjoy!

Makes 8 Servings | Serving Size: 1 Slice

Calories: 191 | Protein: 15 g | Carb: 19 g | Fat: 6 g | Fiber: 1