

No-Bake Raspberry Cheesecake



I love cheesy desserts, but in the summer, I prefer to avoid turning on the oven. This simple and nutritious no-bake cheesecake has quickly become a staple in my house. Our registered dietitians love it because it works well as a post-workout protein snack or a sweet and nutritious end-of-meal treat, plus it's quick to make and full of flavor! For more ideas, visit our [Top 15 Best Protein Desserts](#).

Preparation 20 min

Cooking 0 min

Waiting 240 min

Servings 12

Nutrition Facts (per serving)

Calories 210

Fat 7

Carbohydrates 25

Fibre 2

Protein 12

Sodium 200

Ingredients

Crust

- 310 ml (1 ¼ cups) quick-cooking oats

- 250 ml (1 cup) dried dates, pitted
- 60 ml (¼ cup) nuts of your choice (e.g., raw cashews)
- 60 ml (¼ cup) 2% milk
- 45 ml (3 tbsp) brown sugar (or white sugar)

Filling

- 1 package (340 g / 12 oz) light cream cheese
- 250 ml (1 cup) 2% cottage cheese
- 2 scoops (60 ml / ¼ cup) vanilla protein powder
- 15 ml (1 tbsp) brown sugar (or white sugar)

Raspberry topping

- 125 ml (½ cup) raspberries
- 15 ml (1 tbsp) maple syrup
- Fresh raspberries, for garnish (optional)

Preparation

1. In a food processor, blend oats, nuts, and dates until the texture resembles coarse flour. Add milk and brown sugar, and blend again until the mixture holds together.
2. Line a 20 cm (8 in) springform pan with parchment paper. Firmly press the mixture into the bottom of the pan to form the crust. Refrigerate
3. In the same food processor bowl, blend cream cheese, cottage cheese, protein powder, and brown sugar until smooth and creamy.
4. Pour the filling over the crust and smooth the surface with a spatula.
5. In a small bowl, mash the raspberries and maple syrup with a fork. Spread over the cheesecake. Refrigerate for at least 4 hours (or freeze for 2 hours) until firm.
6. Garnish with fresh raspberries before serving, if desired.

Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer.



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