

# Healthy Greek Yogurt Cheesecake

Yield: 16 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-greek-yogurt-cheesecake-recipe>

## Ingredients:

- 7 tablespoons butter ghee, at room temperature see how to make at home here
- 2 7/8 tablespoons honey
- 7/8 cup whole wheat flour
- 1 1/4 cups wheat flakes whole
- 4 3/8 tablespoons raw almonds
- 5 1/8 tablespoons raw walnuts
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/3 teaspoon baking soda
- 1 5/8 cups whole milk ricotta cheese
- 7/8 cup heavy cream 35% fat
- 4 3/4 tablespoons honey
- 1 1/4 cups Greek yogurt full-fat strained
- 1 teaspoon lemon juice fresh
- 1 teaspoon vanilla extract
- 7/8 pound frozen berries
- 1/2 cup honey
- 1/2 teaspoon lemon juice fresh
- 1 pinch salt

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 50 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 6 grams

7. SaturatedFat: 9 grams
  8. Sodium: 170 milligrams
  9. Sugar: 19 grams
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