

Foodnity Recipes

Strawberry Cheesecake Bowl – Quick & Guilt-Free

15 min Prep time	**15 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base

- [ ] 8 oz (225 g) cream cheese, softened
- [ ] 1/2 cup (120 g) Greek yogurt
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp crushed graham crackers (optional)

Topping

- [ ] 1 cup fresh strawberries, hulled and sliced
- [ ] 1 tsp honey for drizzling
- [ ] Optional: toasted almond slivers

Instructions

1. In a mixing bowl, combine softened cream cheese and Greek yogurt; beat until smooth and creamy.
2. Add honey, vanilla extract, and lemon zest; whisk gently, letting the sweet aroma rise.
3. If using, fold in crushed graham crackers for a subtle crumb texture.
4. Divide the creamy mixture evenly between two serving bowls, smoothing the tops.
5. Arrange sliced strawberries over the cream cheese layer, then drizzle with a little extra honey.
6. Chill the bowls for at least 20 minutes before serving; garnish with almond slivers if desired.

Nutrition per serving

280 kcal	8 g	30 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra bright flavor, macerate strawberries with a pinch of sugar for 10 minutes before topping.
- If the mixture feels too thick, stir in a splash of milk or extra yogurt.
- Feel free to swap honey with agave for a lower-glycemic option.