



## SPRINGTIME LEMON CHEESECAKE COOKIE CUPS

High-Protein / Gluten-Free / Clean-Eating

Recipe by Sari (@feed.your.soul.sari) and featured on MariGoldFoods.com

*"These lemon cheesecake cookie cups are my new springtime dessert obsession! The filling is completely vegan, refined sugar free, high in protein, and super easy! Just bake the crust, mix up the filling, and refrigerate until set!"*

- Sari

### INGREDIENTS:

#### Cookie Crust

- 3/4 cup almond flour
- 2 tbsp MariGold Creamy Vanilla Whey Isolate Protein Powder
- pinch of salt
- 2 tbsp maple syrup
- 1 tbsp lemon juice
- 2 tsp lemon zest
- 1 tsp vanilla extract
- 1/4 tsp almond extract

#### For the Filling

- 1/2 cup raw unsalted cashews (soaked overnight)
- 1 tbsp vegan cream cheese
- 1/3 cup maple syrup
- 1 tbsp cacao butter melted and cooled
- 1 1/2 tbsp lemon juice
- zest of 1/2 a lemon
- pinch of salt
- 1 tsp vanilla extract

### DIRECTIONS:

1. Preheat oven to 350° F.
2. Mix together all crust ingredients. Press dough into silicone muffin liners and bake for 10-15 minutes until lightly golden.
3. Meanwhile, add all the filling ingredients to a high powered blender and blend until smooth and creamy.
4. When the crusts have cooled, pour filling inside each cup, filling all the way to the top. Garnish with freeze dried strawberries, then set in the fridge for 3 hours to set.
5. Enjoy!



Featuring MariGold  
Creamy Vanilla Whey Isolate  
Protein Powder  
(MariGoldFoods.com)

