



## High Protein Deviled Strawberries



Recipe contains Dairy



Total prep time  
25 minutes

Preparation  
25 minutes

Cooking  
No



32 Calories per strawberry    2g Protein, 3g Carbs, 2g Fat

24 servings (24 strawberry)

Ingredients for 24 servings

2scoopVanilla whey protein powder  
 24 medium Strawberries  
 1cup(72 g) Cool whip zero sugar by kraft  
 4 oz(113 g) Neufchatel cheese ✓  
 1/2cup(120 g) Fat free cottage cheese  
 0.25 oz(7 g) Splenda  
 1tspVanilla imitation extract ✓  
 1tbspSqueezed lemon juice by lemon fresh

### Directions

1

All the flavor of strawberry cheesecake—without the sugar crash.

These juicy strawberry bites are filled with a creamy, high-protein cheesecake filling and topped with a strawberry crumble that brings all the party vibes without blowing your goals. Perfect for birthdays, BBQs, or just when you want a little something sweet without the guilt.

🍓 For the Strawberry Crumble Topping:  
2 sheets zero sugar graham crackers (crushed)

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2 tbsp freeze-dried strawberries, crushed

1 tsp sugar-free strawberry Jello powder (for extra strawberry flavor and color)

🍴 Instructions:

Prep strawberries by slicing off the stems and cutting each one in half. Slice a tiny sliver off the back

- 2 Use a small melon baller or spoon to gently hollow out a small indent in the center of each strawberry half.

In a medium bowl, beat the Cool Whip, protein powder, cream cheese, blended cottage cheese (blend in blender until smooth if you want it smoother), sweetener, vanilla, and lemon juice until smooth and creamy.

Fill a piping bag (star tip optional! but folks I just use a ziplock bag) with the cheesecake filling and pipe into the center of each strawberry.

Mix the graham cracker crumbs, freeze-dried strawberries, and Jello powder to make your crumble topping.

Sprinkle the crumble over each filled strawberry.

Chill for at least 20–30 minutes before serving.

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#### Tags



No cooking