

Description Indulge in a rich, dessert-inspired morning meal that feels decadent while remaining completely aligned with your healthy lifestyle. This Blueberry Cheesecake Breakfast Bake pairs juicy, burst-in-your-mouth blueberries with a velvety, vanilla-infused cream cheese layer and a fluffy baked center. Perfect for weekly meal prep, this high protein and low carb recipe gives you all the comforting flavor of traditional cheesecake without the sugar spike.

Can This Blueberry Cheesecake Breakfast Bake Support Weight Loss Goals?

Yes, this Blueberry Cheesecake Breakfast Bake can be a valuable addition to a weight management plan. Packed with lean dairy protein and whole eggs, it promotes strong feelings of fullness and satiety, helping you curb late-morning cravings. Because it replaces refined flour and sugar with nutrient-dense, low-carb ingredients, it allows you to enjoy a satisfying, sweet breakfast while maintaining a calorie-conscious diet.

Does Blueberry Cheesecake Breakfast Bake Fit a High Protein Lifestyle?

Absolutely, this dish is specifically designed to power a high-protein nutrition plan. By combining protein powder, eggs, Greek yogurt, and cream cheese, each serving delivers a robust dose of quality protein with minimal net carbs. The clean whole-food base keeps carbohydrate counts extremely low while ensuring your body receives steady energy. It serves as an ideal morning meal or post-workout dish that keeps your macros perfectly on track.

My Personal Experience

- **Decadent Yet Fueling:** The rich cream cheese texture satisfies dessert cravings right at breakfast time without crashing your energy later.

It makes sticking to a clean, high-protein routine feel like an absolute treat every single morning.

- **Seamless Meal Prep:** Baking a batch on Sunday yields portioned slice-and-go slices that reheat beautifully throughout the workweek.

The texture stays soft and rich, saving valuable time during busy morning rush hours.

Perfect For: High protein breakfast, low carb recipes, meal prep casseroles, keto diet plans, high protein desserts, post-workout fuel, and weekend family brunches.

Why You'll Love This Recipe:

- **Rich Cheesecake Flavor:** Blends creamy cream cheese and tangy Greek yogurt with natural vanilla for an authentic dessert taste.

It delivers a luscious, sliceable texture that feels like a guilty pleasure while fueling your muscle goals.

- **Nutrient-Dense Ingredients:** Uses antioxidant-rich blueberries, real eggs, and wholesome protein powder to create balanced nutrition.

You get a clean, low-sugar breakfast option that keeps you energized and satisfied for hours.

Common Mistakes to Avoid:

1. **Over-baking the Dish:** Leaving the bake in the oven too long dries out the protein powder and eggs, resulting in a rubbery texture.
2. **Using Cold Cream Cheese:** Blending cold, hard cream cheese creates lumpy batter; ensure it is softened to room temperature before mixing.
3. **Over-mixing the Blueberries:** Stirring frozen or fresh berries too aggressively bleeds blue color throughout the batter; gently fold them in last.
4. **Skipping the Rest Time:** Slicing the warm bake immediately out of the oven causes it to fall apart; let it cool to set properly.

Required Equipment:

- **8×8-inch Baking Dish:** Provides uniform thickness for even baking and easy slicing into

individual portions.

- Hand Mixer or Whisk: Blends softened cream cheese and wet ingredients until smooth and completely lump-free.
- Large Mixing Bowl: Gives ample space for gently folding folded berries into the thick protein batter.
- Spatula: Ensures easy scraping of all creamy batter from the bowl into the greased baking pan.

Storage Instructions: Allow leftovers to cool completely before transferring slices into airtight meal prep containers. Store in the refrigerator for up to 5 days, or wrap individual slices in parchment paper and freeze in a ziplock bag for up to 2 months while preserving high protein freshness.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 35 minutes
- Total Time: 50 minutes
- Servings: 6 servings
- Best Season for This Recipe: All-Season
- Total Calories (Per Serving): ~240 kcal (Approximate estimate)

A luscious, high-protein breakfast bake that tastes like classic blueberry cheesecake.

Formulated with clean low-carb ingredients to keep you full and energized all morning.

Quickly whip up a batch for simple, guilt-free slice-and-go morning meal prep.

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☐ Ingredients:

- 8 oz (225g) Cream Cheese (softened)

Note: Use full-fat or low-fat block cream cheese, not tub spread.

- 1/2 cup Plain Greek Yogurt (unsweetened)
- 4 large Eggs (room temperature)
- 2 scoops (60g) Vanilla Protein Powder (whey-casein blend or plant-based)

Note: Choose a sweet, good-tasting protein powder for best flavor.

- 1/3 cup Granulated Erythritol or Monk Fruit Sweetener
- 1 tsp Pure Vanilla Extract
- 1/2 tsp Baking Powder
- 1 cup Fresh or Frozen Blueberries

Note: If using frozen, do not thaw before adding to prevent excess liquid.

Directions:

1. Preheat & Prepare:

Preheat your oven to 350°F (175°C). Lightly grease an 8×8-inch baking dish with non-stick cooking spray or coconut oil.

2. Blend Creamy Base (High Protein Tip):

In a large bowl, beat softened cream cheese, Greek yogurt, and low-carb sweetener together with a hand mixer on medium heat/speed until completely smooth and velvety. *(High Protein Tip: Combining Greek yogurt with cream cheese boosts total protein while maintaining a creamy texture).*

3. Incorporate Eggs & Protein:

Add eggs one at a time, beating on low speed after each. Gently mix in vanilla protein powder, vanilla extract, and baking powder until just combined; avoid over-whipping.

4. Fold in Berries:

Gently fold 3/4 cup of the blueberries into the smooth batter using a spatula to avoid mashing them.

5. Transfer & Bake:

Pour batter evenly into prepared baking dish. Top with remaining 1/4 cup blueberries. Bake at 350°F (175°C) for 30–35 minutes until edges are golden and center is just set with a slight jiggle.

6. Cool & Slice:

Remove from oven and allow bake to cool at room temperature for 20 minutes to set firm visual cues before slicing into 6 equal portions.

Nutrition Facts (Per Serving – Approximate):

- Calories: 240 kcal
- Fats: 14g
- Cholesterol: 145mg
- Sodium: 210mg
- Potassium: 180mg
- Total Carbohydrates: 7g
- Fiber: 1.5g
- Net Carbs: 5.5g
- Sugars: 3.5g
- Protein: 21g
- Calcium: 120mg

Notes:

- Storage & Reheating: Refrigerate in an airtight container for 5 days; microwave individual slices for 20–30 seconds for a warm treat.
- Allergy Info: Naturally gluten-free, low-sugar, and keto-friendly; use plant-based protein/yogurt for dairy-sensitive diets.
- Flavor Boosts: Add a pinch of lemon zest or ground cinnamon to the batter for bright citrus notes.