

PEACH CHEESECAKE CRUMBLE CUPS

Serves 4

INGREDIENTS

- 1.5-2 cups oats
- ½ cup almond meal
- 4 tsp. ground flaxmeal
- 4 scoops favorite vanilla protein powder
- 4 Tbls. Favorite nut butter
- Pinch salt & cinnamon
- 2-3 Tbls. Favorite milk
- 1.5 cup frozen or defrosted peaches
- 4 tsp. chia seeds
- 2 cups plain Greek yogurt
- Juice & zest of 1 lemon
- 4-6 tsp. favorite liquid sweetener
- 2 tsp. vanilla



INSTRUCTIONS

1. Make crumble topping: in a medium bowl mix together oats, almond meal, flaxmeal, protein powder, nut butter, salt, cinnamon, 2 tsp. sweetener and milk. Should start to form crumble clusters. If too thick, add splashes of milk. If too liquidy, add more oats/almond meal/powder or nut butter. Set aside.
2. In another bowl, mix together yogurt, lemon juice & zest, vanilla and remaining sweetener to taste.
3. Set out 4 individual jars. In the bottom layer stir together ¼ of the peaches and 1 tsp. chia seeds in each jar. If you plan to eat this right away, use defrosted peaches, if making this overnight for tomorrow, use frozen and they will defrost over time.
4. Then divide the yogurt mixture on top of the fruit and the crumbles on top of that! Yum!

NOTES

- We think this is best when it sits overnight to become really jammy with the peaches.
- You can use berries or really any frozen fruit at all here.
- If you don't like the crumbles to sit in yogurt overnight, keep that separate until ready to eat.