



Scoopable Cheesecake for One



Entire recipe: 165 calories, 8.5g total fat (6g sat. fat), 309mg sodium, 13.5g carbs, 0g fiber, 8g sugars, 7.5g protein

Prep: 5 minutes



More: [Dessert Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

Ingredients

- 1/4 cup fat-free plain Greek yogurt
- 1/4 cup light whipped topping (thawed from frozen)
- 3 tbsp. whipped cream cheese
- 1 packet natural no-calorie sweetener
- 1/4 tsp. vanilla extract

Seasoning:

Dash salt

Directions

In a small parfait glass (or any small glass), add all ingredients, including salt. Mix until smooth and uniform.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.