

Mini No-Bake Chocolate Cheesecake Cups

ミニ・ノーベイク・チョコレートチーズケーキ

Makes 6 small servings



Ingredients

Cheesecake Base

- 200 g cream cheese, softened クリームチーズ
- 100 g Morinaga Partheno Plain Greek Yogurt パルテノ プレーン
- 45 g granulated sugar 砂糖
- 70 g 72% dark chocolate, finely chopped ダークチョコレート
- 1 tsp vanilla extract バニラエッセンス
- Pinch of salt 塩

Optional Flavor Variations

Choose one:

- ¼ tsp cinnamon シナモン
- or
- ¼ tsp almond extract アーモンドエッセンス
- or
- ¼ tsp coconut extract ココナッツエッセンス
- (Vanilla alone is also excellent.)

Optional Garnishes

- Shaved dark chocolate 削ったチョコレート
- Toasted chopped walnuts くるみ
- Fresh blueberries ブルーベリー
- Unsweetened cocoa powder ココアパウダー
- Fresh mint leaves ミント

Instructions

Prepare the Chocolate

1. Place the chopped **chocolate** into a heatproof bowl.
2. Melt gently over barely simmering water or in the microwave using **20-second intervals**, stirring after each interval.
3. Allow the chocolate to cool for about **5 minutes**. It should remain fluid but no longer feel hot.

Prepare the Filling

4. Beat the softened **cream cheese** until completely smooth.
5. Add the **Greek yogurt**. Beat again until creamy.
6. Mix in the **sugar**, **vanilla**, **salt**, and **flavoring** (if using).

Add the Chocolate

7. While mixing on low speed, slowly pour in the cooled melted chocolate.
 8. Mix only until fully incorporated. The filling should be smooth, glossy, and thick. If it seems too firm, stir in **1–2 T of tonyu** until it reaches a soft mousse-like consistency.
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Portion

9. Divide evenly among 6 small glasses or ramekins. Smooth the tops with a small spatula or the back of a spoon.
 10. Cover and refrigerate for **at least 4 hours, preferably overnight**.
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Garnish

Just before serving, garnish with one or more of the following:

- Chocolate shavings
 - Toasted walnuts
 - Fresh blueberries
 - A light dusting of cocoa powder
 - A small mint leaf
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Make-Ahead Notes

- Best prepared **one day ahead**.
 - Keeps well in the refrigerator for **3–4 days**.
 - Do not freeze, as the texture becomes slightly grainy after thawing.
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Serving Suggestions

Excellent served with:

- Fresh berries
 - A cup of coffee
 - Espresso
 - Earl Grey tea
 - Unsweetened iced coffee
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Notes

- Using Greek yogurt lightens the texture while increasing the protein content and reducing the richness compared with traditional cheesecake.
 - The 72% chocolate contributes a balanced bittersweet flavor, allowing the sugar level to remain moderate.
 - Almond extract produces a more European-style dessert, while coconut extract creates a lighter tropical note.
 - Cinnamon adds warmth without making the dessert taste strongly spiced.
 - This recipe intentionally omits whipped cream, eggs, and gelatin, resulting in a simple, creamy dessert that sets naturally in the refrigerator.
 - For a richer version, substitute mascarpone for half of the cream cheese.
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Nutrition (Approximate)

Per Serving (1 of 6)

Kcal total: ~180 kcal | Protein: ~5.5 g | Fat: ~13 g | Sat Fat: ~7.5 g | Carbs: ~13 g | Sugars: ~11 g | Fiber: ~1.3 g | Sodium: ~125 mg | Omega-3: negligible

Chef's Notes

This dessert reflects a philosophy of: simple ingredients, balanced sweetness, and a lighter nutritional profile without sacrificing flavor. The Greek yogurt softens the richness of the cream cheese while adding protein, and the dark chocolate provides enough depth that only a modest amount of sugar is needed.

One serving feels satisfying without being heavy, making it an ideal finish to a summer meal or a small treat with coffee. It's also a wonderfully flexible recipe—blueberries, raspberries, toasted walnuts, or even a hint of almond or coconut extract can give it a completely different personality while keeping the same reliable base.