

CARMEL APPLE CHEESECAKE SQUARES

INGREDIENTS CAKE

- 2 C** Whole Wheat Pastry Flour **OR** Gluten-Free flour of your choice
- 1/2 C** Coconut Secret Crystals
- 1 C** Smart Balance For Baking (softened)
- 16 oz** Cream Cheese (low fat or no fat) **OR** Neufatchel **OR** Vegan Cream Cheese (softened)
- 1/2 C & 2T** Sugar substitute (divided)
- 1/2 C** Egg substitute
- 1 t** Vanilla
- 3** Apples (Granny Smith) (cored) (peeled) (finely chopped)
- 1/2 t** Cinnamon (ground)
- 1/4 t** Nutmeg (ground)
- 1/2 C** Caramel topping
- Non-stick cooking spray **OR** aluminum foil



STREUSEL

- 1 C** Coconut Secret Crystals
- 1 C** Whole Wheat Pastry Flour **OR** Gluten-Free flour of your choice
- 1/2 C** Oatmeal (1 minute type)
- 1/2 C** Smart Balance for Baking (softened)

DIRECTIONS

- 1** Pre-heat oven to 350 F
- 2** In a medium bowl, combine flour & coconut crystals
- 3** Add the margarine & mash it into the mix until it's crumbly
- 4** Press mix into a 13 x 9 pyrex dish lined with foil **OR** spray with non-stick cooking spray
- 5** Bake 15 minutes **OR** until lightly browned
- 6** In a large bowl, beat cream cheese or 1 of the substitutes & 1/2 C of the sugar substitute with an electric mixer at medium speed until mix is smooth
- 7** Add the egg substitute 1/4 C at a time & then add the vanilla
- 8** Stir to combine & pour over the warm crust
- 9** In a small bowl, stir together the chopped apples, the remaining 2 T of sugar substitute, cinnamon & nutmeg
- 10** Smooth this mix evenly over the cream cheese mix
- 11** In a small bowl, combine all the streusel ingredients & then sprinkly evenly over the cheesecake
- 12** Bake 30 minutes **OR** until the filling is firm
- 13** Drizzle with caramel topping (optional)