

DIET CHEESECAKE

INGREDIENTS

- 1 C Reduced fat honey graham crackers (crushed)
- 1/4 C Smart Balance margarine
- 2 t Splenda
- Non-Stick cooking spray

- 2 C Light cream cheese or Neufchatel
- 1 C Sour Cream (fat free)
- 1/2 C Splenda
- 2 t Vanilla
- 1/2 C Egg Substitute
- 2 t Lemon zest (grated)



OPTIONAL GLAZE

- 2 C Berries (fresh)
- 1/4 C Diet Jelly (your choice of flavor)

BAKING INSTRUCTIONS

- 1 Preheat oven to 325 degrees
- 2 Take cream cheese out of the refrigerator & cut into cubes
- 3 Melt margarine & stir in crushed graham crackers
- 4 Spray round 8" spring form cheesecake pan base & insides with cooking spray
- 5 Press mix evenly & firmly on base of pan
- 6 Bake crust for 10 minutes & then let cool

- 1 Reduce oven to 325 degrees
- 2 Use an electric mixer to blend the cream cheese, Splenda, vanilla & egg whites until mixed well
- 3 Add flour, salt & milk & continue to mix
- 4 Pour the batter into the cooled crust & bake for 1 hour at 325 degrees
- 5 Cool on a cookie rack
- 6 Use a knife & loosen the cake from the pan before opening the outer ring holding the pan together
- 7 Chill cheesecake before serving
- 8 To decorate, you can place sliced strawberries &/or kiwi slices or make the glaze recipe below

OPTIONAL GLAZE

- 1 Arrange berries on top of cheesecake
- 2 Warm jelly in a saucepan over low heat stirring until melted
- 3 With a pastry brush coat the berries with the glaze
- 4 Refrigerate cake until cold