

HEALTHIER LINDY'S CHEESECAKE

INGREDIENTS

- 1 C Whole wheat pastry flour
- 1/4 C Splenda
- 1 t Lemon Zest
- 1/2 t Vanilla
- 1/8 C Egg Substitute
- 1/4 C Smart Balance **OR** Earth Balance margarine (melted)
- Non-stick cooking spray



- 5 Pkgs Low fat cream cheese **OR** Neufchatel cream cheese
- 1 3/4 C Splenda
- 3 T Whole wheat pastry flour
- 2 t Lemon zest
- 1 1/2 t Orange zest
- 1/4 t Vanilla
- 1 1/2 C Egg Substitute **OR** 6 Eggs
- 1/4 C Heavy Cream **OR** margarine & half & half

OPTIONAL GLAZE

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

DIRECTIONS FOR BASE & SIDES

- 1 Pre-heat oven to 400 F& take the cream cheese out of the refrigerator & cut it into cubes
- 2 Spray a 9 inch springform pan with non-stick cooking spray
- 3 Mix flour, 1/4 C Splenda, 1 t lemon zest, 1/2 t Vanilla, 1/8 C egg substitute & melted margarine
- 4 Remove the base from the springform pans
- 5 Press 1/3 of the mix onto the base of the pan so it just covers it
- 6 Bake for 8 -10 minutes or until golden
- 7 Press remaining dough on the inside of the pan about 3/4's of the way up & refrigerate

DIRECTIONS FOR FILLING

- 1 Pre-heat oven to 450 F
- 2 Combine all the remaining ingredients, except the glaze choices, using an electric mixer
- 3 Attach the sides to the base & pour the batter into the pan smoothing the top with a spatula
- 4 Bake for 10 minutes & then lower the temperature to 300 & bake for 60 minutes
- 5 Allow cake to cook on a wire rack

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

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67
68
69
70
71
72
73
74
75
76
77
78
79
80
81
82
83
84
85
86
87
88
89
90
91
92
93
94
95
96
97
98
99
100