

LOW CAL & LOW FAT CHEESECAKE

INGREDIENTS

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

- 3 T Whole Wheat Pastry Flour
- 1/4 t Salt
- 2 Egg whites
- 1/2 C Non-fat milk
- 16 oz Fat-Free Cream Cheese **OR** Neufchatel cheese
- 1 t Vanilla



BAKING INSTRUCTIONS

- 1 Preheat oven to 350 degrees
- 2 Take cream cheese out of the refrigerator & cut into cubes
- 3 Melt margarine & stir in crushed graham crackers
- 4 Spray round 8 inch springform 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 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

OTHER SUBSTITUTES FOR FLOUR

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch