

LITE LEMON NO-BAKE CHEESECAKE

There is no cooking or baking if you can buy a low fat or reduced fat pre-made pie shell
We haven't seen one in the markets so we have provided a recipe for the crust
but please let us know if you find one

INGREDIENTS

3/4 C Reduced fat honey graham crackers (crushed)
2 T Smart Balance margarine
2 t Sugar **OR** Splenda **OR** Coconut Sugar
Non-stick cooking spray

8 oz Low fat cream cheese
1/4 C Sugar **OR** Coconut Sugar
1 T Lemon Juice
1 C Creamed Coconut (keeps best in the refrigerator)

OPTIONAL GLAZE

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



BAKING CRUST (If needed)

- 1 Pre-heat oven to 350 F
- 2 Spray 9 inch pie pan base with non-stick cooking spray
- 3 Mix graham cracker crumbs, melted margarine & 2 t Splenda in small bowl
- 4 Press onto bottom of 9-inch springform pan
- 5 Bake for 10 minutes

MIXING INSTRUCTIONS

- 1 Whip cream cheese, lemon & sugar until fluffy
- 2 Add Creamed Coconut & mix until smooth
- 3 Spoon mix into pie crust & chill for a few hours until firm
- 4 To decorate, 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