

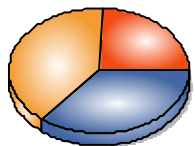


Cheesecake - Lower Fat - No Bake

By: Modified by DrJez from Cooking Light

Recipe grams: 579.95g/20.5oz

Serves 12 48.33g/1.7oz per serving



Protein: 23%
Carbohydrates: 63%
Fat: 12%
Alcohol: 1%

INGREDIENTS

1/4 cup SUGAR BLEND FOR BAKING, SPLENDA
20 medium VANILLA WAFER COOKIE, LESS FAT
1/8 tsp SALT, TABLE
1 large EGG WHITE, CHICKEN, RAW
1 tsp VANILLA EXTRACT
1 tsp LEMON JUICE
1 envelope GELATIN MIX, DRY
1 cup COTTAGE CHEESE, 2% FAT
1/4 cup BROWN SUGAR BLEND, SPLENDA
1 cup Yogurt Cheese
1/2 cup MILK, COW'S, NONFAT, EVAPORATED (SKIM)

DIRECTIONS

Place 1/4 cup sugar, wafers, salt in a food processor and process until mixture is like sand. Place 1 egg white in a small bowl and whisk until frothy. Add 2 Tbsp to food processor in a stream. Discard remaining. Press mixture into an 8 inch springform pan coated with cooking spray. Bake at 350 for 10 minutes and cool on a wire rack.

Sprinkle gelatin onto 1/4 cold water in a small sauce pan until softened, about 1 minute. Cook over low heat until completely dissolved. Place cottage cheese, sugar and vanilla in a food processor or blender and whiz for 10 seconds. Add yogurt, lemon juice and skim milk and the dissolved gelatin. Pulse a few times until just mixed. Pour into crust and chill until firm, about 1 hour.

Serves 12.

Nutrition Facts

Serving Size: 1 serving (48.3g)

Servings: 1

Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	