

Raspberry Fresh Cheesecake

(Makes 8 servings)

A perfect finish to a lovely meal! The secret to the healthy nature of this cheesecake (which you won't even notice it's so good!): there's no crust, which adds so much fat and calories.

Ingredients:

To make yogurt cheese: (note: you can substitute cottage cheese as noted below for this ingredient, but this is definitely a good thing to know how to do)

- Line a large metal sieve with a paper coffee filter and fill with a 32-ounce carton of nonfat plain yogurt. (Alternatively, purchase a yogurt strainer, available in most kitchen stores and catalogs).
- Cover in place in the refrigerator for 24 hours.
- The liquid, or whey, will drip from the yogurt, leaving in the strainer a thick paste that may be used for many things. One item is this cheesecake, another is vegetable dip.

Cheesecake Ingredients

- 1-8 ounce package low fat cream cheese, at room temperature
- 1-8 ounce package non-fat cream cheese, at room temperature
- 1-32 ounce carton plain nonfat yogurt, strained into yogurt cheese (or substitute 16 ounces nonfat, calcium fortified cottage cheese)
- ½ cup liquid egg substitute or 4 egg whites
- ¾ cup granulated sugar
- 1 tablespoon vanilla extract
- 3 tablespoons cornstarch

Sauce Ingredients

- 2 cups fresh or frozen raspberries (or strawberries), divided
- 1 tablespoon granulated sugar

Directions:

- 1) Preheat oven to 325 degrees F.
- 2) Combine both packages of cream cheese, yogurt cheese (or cottage cheese), egg substitute (or egg whites), sugar, vanilla and cornstarch in food processor. Process until completely smooth.
- 3) Spray 9-inch deep-dish pie plate with vegetable oil spray. Pour cheesecake mixture into pie plate
- 4) Bake at 325 degrees F for 50 to 60 minutes, or until knife inserted into middle comes out clean. Cheesecake will "puff up" considerably while cooking, but then will "deflate" while cooling. This is expected. Chill thoroughly.

Sauce

- 1) Set aside 1-cup whole berries.
- 2) Place remaining 1-cup berries into mini food processor with sugar, process until smooth.
- 3) To serve, place 1/8th of sauce over each slice of cheesecake and top with 1/8th of whole berries.

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Nutritional Analysis: (per serving | 1/8 of cake + 1/8 of sauce + 1/8 of berries)

- Calories: 282
- Fat: 7 g
- Protein: 15 g
- Carbohydrates: 39 g
- Fiber: 2 g
- Sodium: 454 mg

Source:

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