



STRONG Heart Program Recipe-of-the-Month

Creamy Sugar-Free Cheesecake

Recipe from Splenda package

Ingredients compliments of Lori's Natural Foods Store and Wegmans

Ingredients:

Crust:

1 ¼ cups Graham Cracker Crumbs
¼ cup Splenda® Granular
3 tablespoons light margarine, melted

Filling:

16 ounces reduced fat cream cheese
16 ounces fat-free cream cheese
1 ¼ cups Splenda® Granular
1 ½ tablespoon lime juice
Pinch of Salt
4 large eggs

Directions:

1. Mix crust ingredients together, and press into a 10" spring form pan.
2. Preheat oven to 350° F.
3. Beat cream cheese and Splenda® Granular until well mixed and smooth. Add lime juice and a pinch of salt, beat until smooth. Add eggs 1 at a time, beating well after each addition.
4. Pour filling over crust and bake 50-60 minutes or until slightly firm to the touch. Let cool 15-20 minutes before placing in the refrigerator. Refrigerate 4-6 hours before serving.
5. Garnish with fruit if desired.

Servings: 16

Nutrition Information: 150 calories, 8g fat, 4g saturated, 80mg cholesterol, 290mg sodium, 11g carbohydrate, 0g fiber, 8g protein.