

Consider trying this cheesecake for your next special occasion. The ingredient choices help this to be a better option than a traditional recipe. However, remember, this is still a dessert with calories and fat. Therefore, even though it is a better decision than traditional fare, be sure to watch your portions and keep this to an occasional treat.

Ingredients:

- 1 $\frac{3}{4}$ cups crushed (crumbs) graham crackers
- 1/3 cup margarine
- $\frac{1}{4}$ cup sugar
- 2, 8-oz. packages of fat-free cream cheese
- 3, 8-oz. packages of Neufchatel Cheese (reduced fat alternative to cream cheese)
- 1 cup sugar
- 3 tbsp. of all-purpose flour
- 1 tbsp. vanilla extract
- Egg substitute equivalent to 3 eggs
- 1, 8-oz. container fat-free sour cream

Preparation:

Preheat oven to 300°F. Place a pan of cold water on the bottom shelf. Crush graham crackers to make 1 $\frac{3}{4}$ cups crumbs, mix with $\frac{1}{4}$ cup sugar and melted butter. Press into the bottom and sides of a 9-inch springform pan. Beat cream cheese and Neufchatel cheese until smooth. Gradually add 1 cup sugar, 3 tablespoons flour, vanilla, and egg substitute (equivalent to 3 eggs), beating until blended. Add fat-free sour cream and mix. Pour into the crust. Carefully place the pan on the shelf above the hot water. Bake at 300°F for 55-60 minutes until almost set. Turn off the oven and let the cake sit for 1 hour with the door closed. Cool on a wire rack, then chill in the fridge for at least 8 hours. Before serving, run a knife around the edge and release the pan. Optionally, garnish with fruit and fat-free whipped topping.

Yield: 12 slices

Nutritional Data Per Serving

- Calories: 473
- Fat: 30.7 grams (47% of calories)
- Cholesterol: 87 milligrams
- Sodium: 491 milligrams

