Cheesecake

Makes 20 Servings

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Avoid over-beating the batter. Over-beating incorporates additional air and tends to cause cracking on the surface of the cheesecake.

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INGREDIENTS:

Cooking spray	1 can
Graham cracker crumbs	2 cups
Apple butter	¼ cup
Cottage cheese, 1%	3 cups
Neufchatel Cream Cheese	1 ½ cups
Whole egg	1 each
Egg whites	5 each
Sugar	1 ½ cups
Pure vanilla extract	2 tsp.
Salt	1/8 tsp.

STEPS:

- Preheat oven to 325°F.
- Combine the graham cracker crumbs and apple butter in a small bowl.
- Lightly spray muffin tins and press 1 ½ tablespoons of the graham cracker crumbs into the bottom each muffin well and press firmly.
- In a food processor puree the cottage cheese until smooth.
- Add the cream cheese, egg, egg whites, sugar, vanilla, and salt; process until nice and smooth.
- Using a 2 oz. ladle (1/4 cup), pour the batter into each muffin well.
- Bake for 15-20 minutes, or until the cakes have set and are firm to the touch.
- Cool completely before serving

NUTRITION:

SERVINGS 20; SERVING SIZE 1 CALORIES 160 calories FAT 1.5 grams SODIUM 340 grams CARBOHYDRATE 26 grams FIBER 1 gram PROTEIN 9 grams