

Creamy Cheesecake



PREPARATION TIME: 15 minutes

MAKES: 1 (10 inch) cake or 16 servings

COOK TIME: 50-60 minutes

This recipe may be tripled if needed.

CHILL TIME: 4-6 hours

INGREDIENT	MEASUREMENT	METRIC
CRUST		
graham cracker crumbs, plain	1-1/4 cups	105 grams
SPLENDA® No Calorie Sweetener Granular	1/4 cup	6 grams
unsalted butter, melted	3 tablespoons	42 grams
FILLING		
cream cheese, fat free	1 pound	453 grams
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SPLENDA® No Calorie Sweetener Granular	1-1/4 cups	30 grams
lime juice	1-1/2 tablespoons	23 grams
salt	1/8 teaspoon	0.75 grams
large eggs	4 eggs	200 grams

PREHEAT oven to 350°F.

POUR filling over crust and bake 50-60 minutes or until slightly firm to the touch. Cool 15-20 minutes before placing in refrigerator.

MIX graham cracker crumbs, 1/4 cup SPLENDA® Granular and butter for crust and press into a spring form pan.

REFRIGERATE 4-6 hours before serving.

BEAT cream cheese and SPLENDA® Granular until well-mixed and smooth.

GARNISH with fruit sauces or fresh fruit or chocolate shavings.

ADD lime juice and salt, beat until smooth. Add eggs one at a time, beating after each addition.

Note: A water bath may be used to reduce the occurrence of cracks but it will increase the bake time.

NUTRITION INFORMATION PER SERVING

Serving Size: 1 slice or 1/16 recipe

Calories	200	Sodium	310mg
Calories from Fat	130	Total Carbohydrate	10g
Total Fat	14g	Dietary Fiber	0g
Saturated Fat	8g	Sugars	4g
Cholesterol	95mg	Protein	8g

This recipe, when compared to a traditional recipe, has a 37% reduction in calories, a 75% reduction in carbohydrates, and a 90% reduction in sugars!

DIETARY EXCHANGES

1 Medium Fat Meat
2 Fats
1/2 Starch

