

Fruited Cheesecake

1/2 cup sugar-free vanilla wafers (8 wafers)
12 oz. fat-free cream cheese
1/4 cup sugar substitute
1 tbsp. flour
1 tsp. vanilla extract
1/4 cup frozen egg substitute
3/4 cup sliced strawberries, sliced kiwi, blueberries, sliced plums, and orange sections

Preheat oven to 325°F. Spray 10 muffin cups with vegetable cooking spray. Sprinkle the bottom and sides of each with about 1 tsp. crushed sugar-free vanilla wafers. Set aside. In a medium-mixing bowl, beat cream cheese with an electric mixer on medium speed until smooth. Add sugar, flour, and vanilla. Beat on medium speed until smooth. Add egg product and beat until just combined. Divide evenly among the muffin cups.

Bake for 18-20 minutes or until set. Cool in pans on a wire rack for 5 minutes. Cover and chill for 4-24 hours. Remove cheesecakes from muffin cups. Just before serving, top with fresh fruit. Makes 10 servings.

Nutrition information per serving: calories 113; protein 7 grams; fat 3 grams; sodium 249 mg