Chocolate Raspberry Cheesecake

3/4 cup skim milk
1 cup fat-free cottage cheese
1/3 cup seedless raspberry fruit spread
1 pkg. fat-free, sugar-free chocolate instant pudding (4 serving size)
2 cups lite whipped topping
1/2 cup raspberries

Pour milk into blender container. Add cottage cheese and fruit spread; cover. Blend until smooth. Add pudding mix; cover. Blend until smooth. Pour pudding mixture into large bowl; gently stir in whipped topping. Pour into 8" pie plate; smooth top. Freeze until firm; 6 hours or overnight. Remove cheesecake from freezer about 15 minutes before serving. Let stand at room temperature to soften slightly. Top with raspberries. Makes 8 servings.

Nutrition Information per serving: Calories 126; Protein 7 grams; Fat 5 grams; Sodium 343 mg