

Strawberry Cheesecake Cups

1 cup yogurt cheese*
1/2 cup strawberry spreadable fruit
1 large egg
2 tbsp. fat-free sour cream
2 tbsp. all-purpose flour
1 tsp. vanilla extract
1/8 tsp. salt
6 whole strawberries to garnish (optional)

Preheat oven to 300°F. Line 12 muffin cups with paper liners and set aside. In food processor or blender, puree all ingredients until smooth. Spoon mixture evenly into prepared muffin pan. Bake for 25 minutes. Cool in pan on rack. Cover and refrigerate 2 hours before serving. Garnish with strawberries. Makes 6 servings.

*To make yogurt cheese, line a large sieve with paper towels or place filter in top of a drip coffee maker. Add 2 cups nonfat plain yogurt. Let drip, covered and refrigerated, overnight.

Nutrition information per serving: calories 114; protein 4 grams; fat 1 gram; sodium 86 mg