



Yogurt Cheesecake

9 low fat graham crackers, crushed
1 large egg white, room temperature (reserve yolk)
8 oz Neufchatel cheese, softened
1/2 cup Splenda or Stevia
1/4 cup cornstarch
1 tablespoon vanilla extract
2 tablespoons unsweetened applesauce
2 large eggs, room temperature
16 oz plain Greek yogurt, 0% fat
18 strawberries, sliced
1/3 cup blueberries
3/4 cup raspberries

Place cupcake liners in muffin tins (18). Combine graham cracker crumbs with egg white from one egg to form the crust. Divide mixture evenly into muffin cups. Using the bottom of a 1/4-cup measuring cup, firmly press crust into bottom of each muffin cup. Set aside.

Preheat oven to 350°F. In a large bowl, using an electric mixer, combine Neufchatel cheese, Splenda or Stevia and cornstarch until well blended. Add extract and applesauce, beat one minute. Scrape down sides of bowl. Add 2 eggs and reserved egg yolk, mix and scrape down sides. Slowly add yogurt, continue to beat mixture until smooth.

Divide filling evenly into prepared muffin cups. Bake 30 to 35 minutes. Cheesecakes will puff up and crack slightly when done. Turn off oven and leave cheesecakes in oven with the door slightly ajar for an additional 15 minutes.

Remove from oven and cool at room temperature for 30 minutes. Chill in refrigerator minimum 2 hours to overnight. Top with fresh berries when ready to serve. Makes 18 servings.

Nutrition information per serving: 127 calories, 6 grams protein , 4 grams fat, 16 grams carbohydrate, 115 mg sodium.

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