

Reduced Fat Cheesecake



Recipe Courtesy Chef Bryan Woolley

- 12 graham crackers (2 ½-inch squares), rolled into crumbs
- 2 cups low fat cream cheese
- 1 cup fat free sour cream
- ½ cup sugar or Splenda™
- 2 tsp vanilla extract (or almond)
- 2 eggs
- 2 tsp grated lemon zest

1. Preheat oven to 325. Wrap outside of 10-inch springform pan with heavy duty foil. Coat the inside with non-stick cooking spray. Press graham crumbs into the bottom and partially up the sides of the pan.
2. In large bowl, using an electric mixer on medium speed, beat cream cheese, sour cream, sugar and vanilla until smooth. Add eggs, one at a time, until well blended. Stir in the lemon zest. Pour batter into pan.
3. Set the springform pan into a large roasting pan; pour boiling water into the roasting pan to about halfway up the sides of the springform pan. Bake until almost completely set, 30-35 minutes.
4. Turn off the oven and prop door open. Leave cake in the oven for another 30 minutes. Transfer to rack and run knife around the edge to release the cake. Cool completely, then refrigerate, covered, until ready to serve.

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Nutrition Facts – with Sugar

Serving Size: 1/12 th of cake	
Calories	160
Total Fat	9g
Saturated Fat	5g
Cholesterol	60mg
Sodium	160mg
Carbohydrate	15g
Dietary Fiber	0g
Protein	6g

Diabetic Exchanges

Protein	1
Fat	2
Carbohydrates	1

Nutrition Facts – with Splenda™

Serving Size: 1/12 th of cake	
Calories	150
Total Fat	9g
Saturated Fat	5g
Cholesterol	60mg
Sodium	160mg
Carbohydrate	10g
Dietary Fiber	0g
Protein	6g

Diabetic Exchanges

Protein	1
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