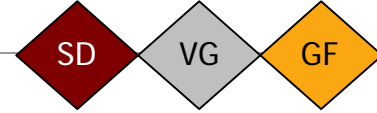


Healthy Swaps New York-Style Cheesecake



Recipe by: Chef Kelly Yorke

This cheesecake recipe was developed to be less fattening than the typical New York-Style Cheesecake recipe yet it still tastes nearly as rich and creamy as the guilt-ridden version. Also, when so many “slimmed-down” cheesecake recipes omit the traditional cookie crumb crust base, this recipe includes a base made with healthy oats and almond meal. Enjoy!

Ingredients:

CRUST:

- 1 cup Oat Flour , Gluten-Free whole grain (such as Bob's Red Mill brand)
- 1/2 cup Rolled Oats, Gluten-Free (such as Bob's Red Mill brand)
- 1/2 cup Almond Meal
- 1/4 cup Stevia Extract, In the Raw
- 1/4 cup Sugar, Bakers or Superfine
- 1/4 cup Melt, Buttery Spread with Organic Virgin Coconut Oil
- 1/8 cup Egg whites or one whole egg white
- 1/2 tsp. Ground Cinnamon

FILLING:

- 8 oz. Dry Curd Cottage Cheese
- 8 oz. Neufchatel Cheese
- 5 oz. Greek Yogurt, plain (or) strained plain yogurt
- 5 oz. Mozzarella cheese, part skim milk, shredded
- 5/8 cup Stevia Extract, In the Raw
- 5/8 cup Sugar, Bakers or Superfine
- 1 cup Egg Beaters or Liquid Pasteurized Egg Product
- 3/8 cup Buttermilk
- 4 tsp. Vanilla Extract

Directions:

1. Preheat oven to 325 °F.
2. Grease the inside of one 9-inch spring-form cake pan (or) four 4 – 1/2 inch mini spring-form pans.
3. In a medium size bowl combine the crust ingredients until mixture forms a soft dough. Press the dough into the bottom and slightly up the sides of the spring-form pan. If you are using four mini pans, divide the dough into four equal amounts and press into the bottom and up the sides of each mini pan. Place pans in oven and bake for 15 minutes (for mini pans) or 20-25 minutes for the 9-inch pan, or until the dough is starting to puff. Remove from the oven and let crust cool.
4. Meanwhile, place the filling ingredients into a food processor or blender. Process until mixture is well blended, smooth and creamy in consistency. Pour mixture into cooled crust or crusts.
5. Place cheesecake(s) into oven and bake for about 25 minutes for mini pans or about 1 hour and 15 minutes for 9-inch pan. Do not over bake, the cheesecakes are done when the outside edges are set and the inside center still jiggles when moved. Remove cheesecake from the oven and let cool then refrigerate for 6 to 8 hours or overnight before cutting and serving. To serve, carefully run a knife around the inside edge of the pan before removing the spring-form ring. Cut cheesecake into 12 portions for 9-inch size pan or into three to four portions for each 4.5-inch mini pan.
6. Serve with fresh fruit, fruit sauce or other topping of your choice. Refrigerate any un-served portions.

YIELD: 12 Servings

Per Healthy Swap Serving: 282 Calories, 30g Carbohydrates, 12g Fat, 16g Protein, 1g Dietary Fiber, 23mg Cholesterol, 228mg Sodium

Per Original Recipe Serving: 491 Calories, 45g Carbohydrates, 31g Fat, 8g Protein, 0g Dietary Fiber, 159mg Cholesterol, 338mg Sodium