

Lemon Blueberry Cheesecake

From the University of Illinois Extension

<http://web.extension.illinois.edu/lmw/downloads/64111.pdf>

Ingredients

Crust:

- 1 ½ cups graham cracker crumbs
- 3 Tbsp. nonfat plain yogurt

Filling:

- 1 (8 oz.) package Neufchatel cheese
- ¾ cup nonfat plain yogurt
- ⅓ cup granulated sugar
- 2 Tbsp. fresh lemon juice and zest of one small lemon
- 2 egg whites
- 1 tsp. vanilla extract
- 2 Tbsp. all-purpose flour
- 1 cup fresh blueberries

Directions

To make crust:

1. Preheat oven to 350°F.
2. In a medium bowl, mix together graham cracker crumbs and yogurt.
3. Press into an 8x8-inch pan.
4. Bake for 5 minutes and let cool.

To make filling:

1. In a large bowl, beat Neufchatel cheese, yogurt and sugar.
2. Add the lemon juice, zest, egg whites, vanilla, and flour and beat until fully combined.
3. Fold in blueberries.
4. Pour filling over the crust and return to oven.
5. Bake at 350°F for 25-30 minutes. Remove from oven, allow to cool and refrigerate for at least 3 hours before serving

Makes 12 servings.

Nutritional Information

Calories: 280	Dietary Fiber: 2 g
Total Fat: 9 g	Sodium: 300 mg
Saturated Fat:	Protein: 6 g
Cholesterol:	Carbohydrates: 45 g

