



## RECIPE OF THE Month

# Light Cheesecake

Deliciously light, elegant, and easy to make.

24 oz. **nonfat cream cheese**

½ cup **egg whites**

¾ cup **sugar**

1 tsp **vanilla**

1 tbsp **lemon juice**

1 **low-fat graham cracker crust**

- 1 Put all ingredients in a bowl; blend with an electric mixer until smooth. Pour into prepared (commercial) lowfat graham cracker crust.
- 2 Bake at 350°F for 45 minutes. Cool before serving.

*Option:* Can be glazed with low-sugar jam or fresh fruit.

**MAKES 8 SERVINGS**

**PER SERVING:** 255 calories | 13g protein | 3.5g fat | 39g carbs | 0g fiber | 650mg sodium