Low-Fat Lemony Cheesecake with Fresh Fruit

Recipe by Eagle Brand

Ingredients

- Vegetable cooking spray
- 1/4 cup graham cracker crumbs
- 2 (8-oz.) packages fat free cream cheese (not in tub)
- 1 (14-oz.) can Eagle Fat Free or Low Fat Sweetened Condensed Milk (not evaporated)
- 1 cup fresh fruit
- 4 egg whites
- 1 egg
- 1/3 cup lemon juice from concentrate
- 1 tsp vanilla
- 1/3 cup flour, unsifted

Instructions

1. Preheat oven to 300°F.
2. Spray the bottom of an 8" springform pan with cooking spray; sprinkle crumbs on bottom of pan.
3. In a mixer bowl, beat cream cheese until fluffy.
4. Gradually beat in Eagle Brand milk until smooth.
5. Add egg whites, egg, lemon juice, and vanilla; mix well.
6. Stir in flour.
7. Pour into prepared pan.
8. Bake 50-55 minutes or until center is set.
9. Cool. Chill.
10. Serve with fruit. Refrigerate leftovers.

LOW-FAT LEMONY CHEESECAKE WITH FRESH FRUIT EAGLE

Vegetable Cooking Spray
¼ c. graham cracker crumbs
2 (8-oz.) pkg. fat free cream cheese (not in tub)
1 (14-oz) can EagleFat Free or Low Fat Sweetened Condensed Milk (not evaporated)
1 c. fresh fruit
4 egg whites
1 egg
1/3 c. lemon juice from concentrate
1 tsp. vanilla
1/3 c. four unsifted

Preheat oven to 300 degrees. Spray bottom of 8" springform pan with cooking spray; sprinkle crumbs on bottom of pan. In mixer bowl, beat cheese until fluffy. Gradually beat in Eagle-Brand milk until smooth. Add egg whites, egg,

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lemon juice and vanilla; mix well. Stir in flour. Pour into prepared pan. Bake 50-55 minutes or until center is set. Cool. Chill. Serve with fruit. Refrigerate leftovers.

NUTRITION VALUE PER SERVING (USING FAT FREE EAGLE BRANDS):

210 calories 16g protein 1g total fat
34g carbohydrate 30mg cholesterol
410mg sodium

% OF CALORIES FROM:

Protein 31% Fat 4% Carbohydrates 65%

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