

Yield: Serves 16 (slices)

Ingredients:

Filling

- ♥ 8 oz reduced fat cream and 8 oz fat-free cream cheese softened (room temperature)
- ♥ 1 cup light sour cream
- ♥ 2 eggs or 2 egg whites and 1 egg)
- ♥ 1 Teaspoon Of Vanilla Extract
- ♥ ³/₄ cup granulated sugar

Crust

- ♥ 1 cup graham cracker crumbs and 1 cup crushed bran buds
- ♥ 1 tablespoon softened butter + 3 tablespoons sugar-free jelly (apple or strawberry)

Garnish

- ♥ 1 pint strawberries (sliced) + 1 tablespoon sugar-free jam/jelly

Preparation:

1. Preheat oven to 350°F (or 325°F if using a dark nonstick pan).
2. Mix graham cracker crumbs & bran buds with butter and jelly. Press crust mixture firmly onto bottom of 9-inch springform pan and 2 ¹/₂ inches up side of pan; set aside.
3. Beat cream cheese and sugar in large bowl with electric mixer on low speed until well blended. Add sour cream and vanilla; mix well.
4. Add eggs, one at a time to mixture, beating on low speed until blended.
5. Pour into crust. Bake 1 hour to 1 hour 10 min. or until center is almost set. Turn oven off.
8. Open door slightly. Let cheesecake set in oven 1 hour; remove cheesecake from oven; cool completely.
9. Refrigerate at least 4 hours or overnight. Loosen cheesecake from rim of pan; remove rim. Garnish cheesecake with berries just before serving. Store leftovers in refrigerator.

Nutrition Analysis (per serving)

- ♥ Calories: 142 ♥ 4g Total Fat ♥ 2g Saturated Fat ♥ 0g trans fat ♥ 24 mg Cholesterol
- ♥ 237 mg Sodium ♥ 2g Fiber ♥ 22g carbohydrates ♥ 16g sugar ♥ 6g protein

Dietary Exchanges: 1½ starches, 1 protein, 1 fat

How Does Traditional Fruited Cheesecake Compare to Heart Healthier Fruited Cheesecake?

Traditional Cheesecake	Heart Healthier Cheesecake
▲ Fat, Calories & Sodium	▼ Fat, Calories & Sodium
Calories 370	Calories 142 ▼62%
Fat 23 grams	Fat 4 grams ▼83%
Saturated Fat 12 grams	Saturated Fat 2 gram ▼83%
Cholesterol 105 grams	Cholesterol 24 milligram ▼77%
Sugar 28 grams	Sugar 16 grams ▼43%
Carbohydrates 36 grams	Carbohydrates 22 grams
Sodium 300 milligrams	Sodium 237 milligrams
Fiber 1 grams	Fiber 2 grams

