

Healthier Classic Cheesecake

Satisfy your sweet tooth while keeping your diabetes in check! This creamy cheesecake is easy to make and diabetes-friendly. Get ready to treat yourself!



INGREDIENTS

CRUST

- 1 cup graham cracker crumbs (approximately 8-9 graham crackers)
- 2 tbsp butter, melted
- 1/2 tbsp stevia
- 1 tbsp sugar
- 1 tsp ground cinnamon

FILLING

- 1 lb low-fat (1%) cottage cheese, drained for 10 hours
- 1 lb Greek plain nonfat yogurt
- 1 lb fat-free cream cheese
- 1/4 cup plus 2 tbsp stevia
- 1/4 cup plus 2 tbsp sugar
- 1 tbsp vanilla extract
- 1/4 tsp salt
- 3 large eggs

TOPPING

- 1 cup sliced strawberries

Servings: 16

PREPARATION

1. Preheat the oven to 325°F. Position an oven rack to the middle of the oven.
2. Combine the graham cracker crumbs, melted butter, 1/2 tbsp stevia, 1 tbsp sugar, and cinnamon. Press the crumb mixture evenly into the bottom of a 9-inch springform pan. Bake the crust for 8 minutes. Remove from the oven and set on a rack to cool.
3. Increase the oven temperature to 500°F. Add the cottage cheese to a food processor and process until very smooth. Add the yogurt and cream cheese and process for another 1-2 minutes until smooth. Add in the stevia, sugar, vanilla, and salt and process until smooth. With the processor running, add the eggs, one at a time and process until incorporated.
4. Add the batter to the prepared crust. Bake the cheesecake for about 8 minutes. Lower the temperature to 200°F and bake until the cheesecake is set, about 1 hour.
5. Transfer the cake to a wire rack. Run a paring knife around the edge of the cake to loosen it. Cool completely at room temperature, about 2-3 hours. Cover with plastic wrap and refrigerate for 3 hours or overnight.
6. Remove the sides of the pan and let the cheesecake come to room temperature for about 30 minutes. Decorate the top with sliced strawberries. Slice and serve.

NUTRITION

Per serving: Calories 135; calories from fat 25; total fat 3g; saturated fat 1.5g; trans fat 0g; cholesterol 50mg; sodium 400mg; total carbohydrate 14g; dietary fiber 0g; sugars 10g; protein 11g.