



FRUIT CHEESECAKE

Crust:

10 whole grain Fig Newtons (you can also use regular Fig Newtons, in a pinch)

Cheesecake:

8 ounces reduced-fat Neufchatel cheese
 8 ounces fat-free cream cheese
 2 ripe Haas avocados
 1 cup sugar
 1 tablespoon cornstarch
 1 tablespoon key lime extract (or juice and zest of 2 limes)
 Juice of 2 lemons
 3/4 cup egg whites

Garnish:

2 kiwi, 1 cup blueberries, 1 cup raspberries, 2 ripe apricots
 1/2 cup apricot marmalade

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Directions:

1. Lightly spray a 9-inch deep dish glass tart dish with vegetable oil spray. Grind the cookies in a food processor and press them firmly into the tart pan.
2. Place the cheese and avocados in the food processor and process until smooth. Add the sugar, corn starch, lime extract, and lemon juice in the food processor and puree. Add the egg whites and puree again.
3. Pour the cheesecake filling into the tart dish on top of the cookie crust. Bake at 325 degrees F until the cake is firm in the center, about 50 minutes. Remove from oven and chill overnight in the refrigerator.
4. To remove from pan, heat the bottom of the dish gently in a bowl of warm water. Sprinkle sugar over the top and invert onto a dish. Invert again onto another dish.
5. Decorate with fruit. Top the fruit with heated marmalade. Chill until ready to serve. Cut into 12 pieces.

Serves 12. Each slice: 276 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 16 mg cholesterol, 279 mg sodium, 45 g carbohydrate, 3.5 g fiber, 7.5 g protein. Compare to regular cheesecake which has 640 calories and 41 g of fat! Or compare to regular frosted birthday cake that has 600 calories and 28 g fat.