

Mini Blueberry Cheesecakes*

Number of Servings: 8

Ingredients:

- 1 cup graham crumbs
- ¼ cup unsalted butter, melted
- 16 oz. cream cheese
- 6 tablespoons white sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon lemon zest
- 1 egg
- 3 egg whites
- ½ cup plain yogurt
- 1 tablespoon vanilla
- 1 tablespoon no sugar added raspberry jam
- 1 cup frozen blueberries
- 1 tablespoon lemon juice

Directions:

1. Preheat oven to 350°F. Prepare muffin tins with muffin liners.
2. In a mixing bowl, combine graham crumbs with melted butter. Place approximately 1 tablespoon of graham crumb mixture in each lined muffin tin and press down. Bake for 5-10 minutes or until crumbs have set and are lightly browned.
3. In a mixing bowl, cream together cream cheese, sugar, flour, and lemon zest to a smooth consistency. Scrape down the sides of the mixing bowl to minimize lumps. Add the egg, egg whites yogurt, and vanilla to combine. Do not overmix.
4. Divide the cheesecake mixture between the 12 tins. Bake for 15-20 minutes or until the cheesecake is firm to the touch. (Watch not to overbake because cheesecakes may crack!)
5. In a saucepan, heat jam, blueberries, and lemon juice. Simmer until the berries begin to break down and become saucy.
6. Allow both the cheesecakes and sauce to cool before applying the blueberry topping.
7. Divide the topping among the cakes. Refrigerate until ready to serve.

It is important you speak with your doctor and care team to determine if this recipe is right for you. You should always follow the dietary and fluid recommendations from your doctor.

Nutritional breakdown per serving:

Sodium: 196 mg | Potassium: 113 mg

Phosphorus: 78 mg | Calories: 254 Kcal | Protein: 5 g | Carbohydrates: 18 g