



*From the Kitchen of*  
**THE CENTER**  
for Health Improvement

# Mini French Cheesecakes with Berries

*Recipe provided by: Diabetic Living, Winter 2011*

## **Ingredients:**

2 8-ounce packages reduced-fat cream cheese (Neutchätel), softened

$\frac{3}{4}$  cup Splenda Granular sugar substitute

3 eggs

1½ cups light sour cream

1 teaspoon almond extract

1 teaspoon vanilla

$\frac{3}{4}$  cup fresh raspberries, blackberries, and/or blueberries

2 tablespoons coarsely crushed pretzels

1 tablespoon powdered sugar (optional)

**Instructions:** 1. Preheat oven to 325°F. Line twelve 2½-inch muffin cups with paper bake cups, set aside. 2. In a large bowl beat cream cheese with an electric mixer on medium speed until softened. Add sugar substitute, beating until light and fluffy. Add eggs, sour cream, almond extract, vanilla and  $\frac{1}{8}$  teaspoon salt, beating until smooth. Spoon batter into prepared cups, filling each almost full (about  $\frac{1}{3}$  cup batter per cup). 3. Bake about 25 minutes or until sets (tops will appear crackled). Cool in muffin cups on a wire rack 10 minutes (centers will sink as they cool). Remove from muffin cups; cool on wire rack 30 minutes. Transfer to a serving tray. Cover loosely; chill in the refrigerator 1 to 24 hours. 4. To serve, top mini cheesecakes with fresh berries and sprinkle with crushed pretzels. If desired, sprinkle powdered sugar over the mini cheesecakes.

Nutritional Information  
(Per serving):

Serves: 12  
Serving Size: 1 mini  
cheesecake

Calories: 162

Fat: 12 g

Saturated fat: 7 g

Cholesterol: 89 mg

Carbohydrates: 6 g

Fiber: 1 g

Sodium: 201 mg

Protein: 6 g

