

No Bake Cheese Cake

Totals for one serving (makes 8):

Calories 117 Fat 0g Fiber 0g Carbs 4g

What you'll need:

- 4 8 Ounce containers fat free cream cheese - softened
- ½ Cup pasteurized egg substitute
- ¾ Cup Splenda for baking
- 1 T Vanilla extract

- 1 Large mixing bowl
- 1 Electric mixer
- 8 Six ounce dessert serving cups/bowls

- 2 T Sugar free jam or jelly (optional-see recipe)

Let's get to cooking!

1. Place cream cheese in mixing bowl.
2. Add egg substitute, Splenda and Vanilla and mix with electric mixer on high until very creamy.
3. Pour equal amounts into 8 separate serving cups, cover and chill for at least one hour.
4. (Optional) If you'd like a topping place jam or jelly in microwave safe bowl and microwave for 20 seconds until jam becomes liquefied. Adds 20 calories.

NOTE: Do not use real eggs in this recipe. The egg substitute is pasteurized and therefore safe for this dish. Real eggs need to be thoroughly cooked and this is a no-bake cheesecake.

The thought of giving up cheesecake inspired this **Kitty's Lighter Weigh** recipe.