



APPLE CHEESECAKE

Ingredients:

Crust:

- 1 ½ c finely crushed oatmeal
- 1 tbsp Splenda
- 1/3 c coconut oil

Filling

- (3) 8 oz pkg fat-free cream cheese, softened
- 1 c Splenda
- 6 egg whites
- 2 tbsp all-purpose flour
- ½ c fat-free greek yogurt or sour cream
- 1 tsp ground cinnamon
- 1 tsp vanilla
- ¼ tsp ground cloves
- 1 tbsp milk

Nutritional Information:

- Servings: 12
- Servings size: 1/12 cheesecake
- Calories: 155 kcal
- Fat: 7 g
- Carbohydrates: 9 g
- Protein: 12 g
- Sugars: 5 g
- Sodium: 396 g

Instructions:

Crust:

1. In a medium bowl, combine crushed oatmeal, sugar, and coconut oil. Stir until mixture begins to clump.
2. Line a 9-inch springform with parchment or wax paper and press oatmeal mixture evenly in the pan.
3. Bake at 300° F for 10 minutes. Remove and allow to cool.

Filling:

1. In a mixer or food processor, blend cream cheese for 15 seconds or until smooth. Add Splenda and mix until combined.
2. Add egg whites one at a time, then add flour, yogurt, vanilla, milk and spices. Process until smooth.
3. Once completely mixed, pour filling over crust. Bake at 275° F for 50 minutes or until set (avoid overcooking). After cooling, release springform pan and move to platter. Cover and chill in refrigerator for 3 to 4 hours. Saute apples in 12" skillet. Use red apples and green apples for flavor difference. Spread sautéed apples on top.