

PREPARATION: **25** MINUTES

COOKING: **25–30** MINUTES

**12** SERVINGS

# MINI BLUEBERRY CHEESECAKES



## INGREDIENTS

1 cup graham crumbs

¼ cup unsalted butter, melted

454g (16oz) 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

## PREPARATION

- 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.

### Nutrient Analysis

**PER SERVING:**

1 mini cheesecake

**RENAL EXCHANGE:**

1 Starch

Calories 254Kcal

Protein 5g

Carbohydrates 18g

Fibre 0.8g

Total Fat 19g

Saturated Fat 10g

Cholesterol 69mg

Sodium 196mg

Potassium 113mg

Phosphorus 78mg