

KEY LIME CHEESECAKE CUPS

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Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving = 1 cheesecake cup)

Nutrition (per serving)

Calories: 181	Total Carbohydrate: 21
Total Fat: 6 g	Dietary Fiber: 1 g
Saturated Fat: 3 g	Total Sugars: 13 g
Sodium: 322 mg	Protein: 8 g

Ingredients

- Cooking spray
- 6 sheets graham crackers (long rectangles), pulsed into crumbs (use gluten free graham crackers for GF version)
- 4 ounces 1/3 less fat cream cheese
- 4 ounces fat free cream cheese
- 1 - 5.3 ounce container non-fat key lime Greek yogurt
- Zest of 1 lime
- ½ teaspoon fresh lime juice
- ¼ cup powdered sugar
- 1 teaspoon vanilla extract
- ¾ cup fresh sliced strawberries and blackberries

Directions

1. Spray ramekins or custard dishes with cooking spray. Sprinkle graham cracker crumbs around each shaking to evenly coat the sides and bottom. Leave a Tablespoon or so of crumbs in bottom of dish and set the rest aside.
2. In a medium bowl, use an electric hand mixer to combine cream cheese, yogurt, lime zest, lime juice, powdered sugar and vanilla extract. Evenly distribute into dishes. Refrigerate overnight.
3. Place $\frac{1}{4}$ cup of berries on top and sprinkle remaining graham cracker crumbs.