

Miss Whisk-Wise

Desserts



[Mini Strawberry Cheesecake](#) from [SkinnyMs®](#)

Ingredients:

1/2 cup fat-free cream cheese
2 tablespoons Coconut Palm Sugar
1/2 cup low-fat Greek yogurt
2 teaspoons freshly squeezed lemon juice
1/4 cup strawberry preserves, no sugar added (I used Polaner All Fruit)
1 cup diced strawberries
1/3 cup whole almonds
4 dates, no sugar added
8 Mini Dessert Dishes, 3-4 ounces

Directions:

In a medium mixing bowl, add cream cheese, sugar, yogurt and lemon juice, beat with an electric mixer until smooth and sugar is dissolved, about 3 minutes. Refrigerate until ready to use. In a small bowl, combine preserves and strawberries. Add almonds to a food processor and pulse until a crumb consistency, being careful not to turn into flour. Add dates and pulse until combined. Evenly divide 1/2 almond and date mixture among the dessert dishes. Top with 1/2 cheesecake & yogurt batter, spoon in 1/2 strawberry mixture, add one additional layer of each. Refrigerate 2 -3 hours before serving. These desserts are perfect for preparing ahead of time and enjoying one a day to satisfy that sweet craving. This mini dessert can be placed in a freezer safe dish for enjoying at a later date.

NOTE: This dessert is low in Saturated Fat, and very low in Cholesterol. It is also a very good source of Vitamin C.

Yields: 8 servings | Serving Size: 1 (3.2 oz) dish | Calories:138 | Total Fat: 2 g | Saturated Fat: 0 g | Trans Fat: 0 g | Previous Points: 2 | Points Plus: 4 | Cholesterol: 3 | Carbohydrates: 27 g | Sodium: 110 mg | Dietary Fiber: 3 g | Sugars: 22 g | Protein: 4 g |

Featured here is a mini strawberry cheesecake from www.skinnyms.com

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