

New York Cheesecake



Serves 12

Ingredients:

- 700 g nonfat cream cheese at room temperature
- ½ cup sugar
- ½ tsp vanilla extract
- ½ tsp almond extract
- 3 eggs
- 2 tbsp packaged cornflake crumbs (optional)
- 2 cups fresh fruit, sliced

Procedure:

- Preheat oven to 165°C/ 325°F.
- In a large bowl combine cream cheese, sugar, vanilla and almond extract.
- Using an electric mixer beat at high speed until blended.
- On low speed, beat in the eggs. Increase speed to high and continue to beat until well blended.
- Add cornflake crumbs to a greased pie pan and shake lightly to coat bottom and sides with crumbs.
- Pour in cream cheese mixture and bake for 45 minutes.
- Cool on wire rack.
- Arrange fresh fruit on top before serving.
- This should be stored in the refrigerator several hours before serving.

Per serving:

- Calories: 94
- Protein: 9 gm
- Carbohydrates: 14 gm
- Fat: 0 gm

Yes, this is a no-fat cheesecake, and yes, it tastes great.