

Mini Cheesecake Bites

Recipe from RAMC Dietitians

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Ingredients:

- 1 tablespoon unsalted butter (melted)
- ¼ cup almond flour
- 8oz low fat or Neufchatel cream cheese (softened)
- 2 tbsp sugar free sweetener
- 1 egg
- 1½ tablespoon Greek yogurt
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- Sugar-free cherry pie filling (or filling of your choice)

Instructions:

1. Preheat oven to 325 degrees.
2. Mix melted butter and almond flour. Distribute evenly into lined mini cupcakes tins and press down to form crust.
3. Bake for 10 minutes. Let cool.
4. In medium-sized bowl, beat cream cheese until fluffy. Add sweetener and mix well.
5. Add yogurt, egg, vanilla, lemon juice, and salt to bowl. Beat until combined.
6. Fill cooled crusts with cheesecake mixture.
7. Bake cheesecakes for 18-20 minutes or until no longer jiggly. Let cool.
8. After cooling, refrigerate for at least 4 hours.
9. Serve with favorite topping and enjoy.

Nutrition Facts	
Servings 17.0	
Amount Per Serving	
calories 99	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 142 mg	6 %
Potassium 15 mg	0 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 4 g	7 %
Vitamin A	5 %
Vitamin C	6 %
Calcium	4 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



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