



From the Kitchen of: Bernice Borow LLC

Mini Cheesecakes w/ sour cream topping

6 sugar free vanilla wafers or cinnamon graham crackers crushed, or chocolate wafers, or gingersnaps

1 tsp fresh lemon juice

½ cup sugar substitute

1 tsp vanilla extract

8 oz low fat cream cheese softened

1 large egg

½ cup low fat sour cream

3 Tbsp sugar substitute

Optional: food coloring or sprinkle toppings

Preheat oven 325 degrees. Line mini muffin pan with cupcake liners; place cookie on bottom; with electric mixer combine lemon juice, sugar substitute, vanilla extract, cream cheese and egg. Beat medium speed, scraping sides until smooth. Spoon mix over cookie. Fill ¾. bake 30 minutes. Make topping: mix together sour cream and 3 tbsp substitute. Spoon 1 tbsp sour cream mix on partially baked cheesecakes. Continue baking for 10 minutes or until set. Cool. Chill. Serve.

Calories: 186 fat 16 g carbohydrate 4.3 g fiber .06g protein 4.65 g

Five horizontal lines for notes or additional information.

