

No-Bake Mini Cheesecakes

Prep: 10 minutes | Chill: 1 hour | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 1 mini cheesecake

Ingredients

¼ cup finely ground graham cracker crumbs (about 1 full graham cracker sheet)

1 tablespoon unsalted butter, melted

⅛ teaspoon ground cinnamon

¾ cup nonfat plain Greek yogurt

4 ounces reduced-fat cream cheese (Neufchatel), softened at room temperature

2½ tablespoons sugar

1 teaspoon vanilla extract

Directions

1. In a small bowl, stir together the graham cracker crumbs, melted butter, and cinnamon to form a crumbly mixture.
2. Gather four small jars or other serving containers and divide the mixture between them, about 1 tablespoon in each. Press down to form a crust.
3. In a medium mixing bowl, use an electric mixer to beat together the Greek yogurt, cream cheese, sugar, and vanilla. Continue to beat until the mixture is completely smooth and resembles a very thick whipped cream.
4. Divide the yogurt-cream cheese mixture between the jars.
5. Place in the refrigerator to chill, at least 1 hour.
6. Serve cold.



Nutrition Facts Per Serving: Calories: 170 | Total Fat: 9.5 g | Saturated Fat: 6 g
Sodium: 150 mg | Total Carbohydrate: 13 g | Dietary Fiber: 0.5 g | Protein: 7.5 g

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