

Cranberry Cheesecake Bars

I came across this recipe several years ago, and it's become a family favorite. A crumbly oat topping and crust sandwich the smooth cream cheese and cranberry fillings.

Rhonda Lund, Laramie, Wyoming

2	cups plus 2 tablespoons
1	cup quick-cooking oats
3/4	cup packed brown sugar
1/2	cup butter, melted
1	package (8 ounces) reduced-fat cream cheese
1	can (14 ounces) fat-free sweetened condensed milk
4	egg whites
1	teaspoon vanilla extract
1	can (16 ounces) whole-berry cranberry sauce
2	tablespoons cornstarch

1. In a bowl, combine 2 cups flour, oats, brown sugar and butter; mix until crumbly. Press 2-1/2 cups of the crumb mixture into a greased 13-in. x 9-in. x 2-in. baking dish. Bake at 350° for 10 minutes.

2. In a large bowl, beat cream cheese until smooth. Beat in the milk, egg whites, vanilla and remaining flour. Spoon over prepared crust.

3. In a small bowl, combine the cranberry sauce and cornstarch. Spoon over cream cheese mixture. Sprinkle with the remaining crumb mixture.

4. Bake at 350° for 30-35 minutes or until the center is almost set. Cool on a wire rack before cutting.

LOW FAT
LOW SALT

PREP/TOTAL TIME

Prep: 15 min.

Bake: 30 min.

YIELD 3 dozen

NUTRITION FACTS

One serving

(1 bar) equals:

142 calories

4 g fat

2 g saturated fat

11 mg cholesterol

67 mg sodium

24 g carbohydrate

1 g fiber

3 g protein

DIABETIC EXCHANGES

1-1/2 starch

1/2 fat