



Mini Ricotta Cheesecakes with Berries

* serves 12 (2 mini-cakes each)

Greek-style yogurt is creamier and higher in protein than typical yogurt.

Mini Cheesecakes:

- 2 cups part-skim ricotta cheese
 - 1 cup (8 ounces) light cream cheese
 - ½ cup plain 2% Greek-style yogurt or plain yogurt
 - ½ cup maple syrup
 - 3 large egg whites
 - 1 large whole egg
 - 2 teaspoons pure vanilla extract
- Cooking spray

Berry Compote:

- 1 cup blackberries
- 1 cup blueberries
- 1 cup raspberries
- 2 tablespoons sugar

1. **PREHEAT** oven to 325° F.

2. **FOR CHEESECAKES:** Coat 4 mini-muffin pans (12 muffins each pan) with cooking spray. Add all ingredients to a blender jar or the bowl of a food processor. Blend or process just until smooth. There will be about 5 cups of batter. Divide batter among the prepared pans. The batter will come to the top of the cups. Bake for 20 minutes. Cool completely. Chill completely before removing from pans. (Cheesecakes will fall slightly.)

3. **FOR COMPOTE:** Place berries and sugar in medium saucepan. Cook 5 minutes. To serve, place 2 cheesecakes on each plate. Top with compote. Makes 24 cheesecakes.

PER SERVING: 170 calories, 7g total fat, 40 mg chol., 8g prot., 20g carbs., 1g fiber, 170mg sodium