



## Blueberry Bliss Cheesecake



1/8th of cake: 168 calories, 1g total fat (0g sat. fat), 395mg sodium, 27g carbs, 1g fiber, 22g sugars, 12g protein

**Prep:** 25 minutes    **Cook:** 45 minutes

**Chill:** 1 hour



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### Ingredients

#### Cheesecake

16 oz. fat-free cream cheese, room temperature  
1/2 cup granulated sugar  
1 tsp. vanilla extract  
6 oz. (about 3/4 cup) fat-free vanilla Greek yogurt (like [the kind by Chobani](#)), room temperature  
3 large egg whites *or* 1/2 cup liquid egg whites, room temperature  
2 tbsp. lemon juice, room temperature  
2 tbsp. all-purpose flour  
1/4 tsp. cinnamon

#### Topping

2 cups frozen unsweetened blueberries  
2 tbsp. granulated sugar  
1 tbsp. cornstarch  
1/4 tsp. cinnamon  
Dash salt

### Directions

Preheat oven to 350 degrees. Spray a 9" springform cake pan with nonstick spray and set aside.

To make the cheesecake, first set out all measured ingredients. Combine cream cheese, sugar, and vanilla extract in a large bowl. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. While continuing to beat the mixture, gradually add yogurt, egg whites, lemon juice, flour, and cinnamon. Beat until thoroughly mixed, about 2 minutes. Evenly pour cheesecake mixture into the pan.

Bake in the oven until firm, 40 - 45 minutes. Set cheesecake aside and allow to cool completely in the pan.

Meanwhile, to make the topping, bring a medium-sized pot to medium-high heat on the stove. Add all topping ingredients. Add 1/2 cup cold water and mix well. Bring mixture to a boil, and then reduce heat to low. Stirring occasionally, simmer until mixture is thick and gooey, 2 - 3 minutes. Remove from heat and let cool completely.

Once cheesecake and topping have completely cooled, evenly pour blueberry topping over the cheesecake in the pan. Refrigerate for at least 1 hour, until fully chilled. Once ready to serve, release and remove the springform. Cut into 8 slices and dig in!

#### MAKES 8 SERVINGS

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