



Scoopable Cheesecake for One



Entire recipe: 165 calories, 8.5g total fat (6g sat fat), 309mg sodium, 13.5g carbs, 0g fiber, 8g sugars, 7.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 5 minutes



More: [Dessert Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/4 cup fat-free plain Greek yogurt
1/4 cup light whipped topping (thawed from frozen)
3 tbsp. whipped cream cheese
1 packet natural no-calorie sweetener
1/4 tsp. vanilla extract

Seasoning:
Dash salt

Directions

In a small parfait glass (or any small glass), add all ingredients, including salt. Mix until smooth and uniform.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.