



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

Prep: 5 minutes



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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

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