



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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