

Streusel-Topped Strawberry Cheesecake Squares

- 1 container (8 ounces) strawberry-flavored nonfat yogurt with aspartame sweetener
- 1 package (8 ounces) fat-free cream cheese
- 4 ounces reduced-fat cream cheese
- 6 packets sugar substitute or equivalent of 1/4 cup sugar
- 1 packet unflavored gelatin
- 2 tablespoons water
- 1 cup fresh chopped strawberries
- 1 tablespoon sugar
- 1 cup fresh sliced strawberries
- 1/3 cup low-fat granola

DIETARY EXCHANGES:

1 Starch, 1/2 Fat

NUTRIENTS PER SERVING:

Cal.: 98	Cal. from Fat: 24%
Total Fat: 3 g	Sat. Fat: 2 g
Carb.: 11 g	Protein: 7 g
Chol.: 8 mg	Sodium: 223 mg
Fiber: 1 g	

1. Line 9-inch square baking pan with plastic wrap, leaving 4-inch overhang on 2 opposite sides.
2. Combine yogurt, cream cheese and sugar substitute in medium bowl; beat until smooth. Set aside.
3. Combine gelatin and water in small microwavable bowl; let stand 2 minutes. Microwave at HIGH 40 seconds to dissolve gelatin. Beat gelatin into yogurt mixture. Combine chopped strawberries and sugar in small bowl. Add to yogurt mixture.
4. Pour yogurt mixture evenly into prepared pan. Refrigerate 1 hour or until firm.
5. Just before serving, arrange sliced strawberries on top; sprinkle with granola.
6. Gently lift cheesecake out of pan with plastic wrap. Pull plastic wrap away from sides; cut into 9 squares.

Makes 9 servings

Source: Diabetic Cooking Magazine

