

Healthy Cheesecake

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-cheesecake-recipe-with-greek-yogurt-no-bake>

Ingredients:

- 1 cup low fat cottage cheese I used 2%
- 1/4 cup nonfat greek yogurt
- 1 large egg
- 2 1/2 tablespoons sugar
- 1 1/2 tablespoons flour
- 1/2 teaspoon vanilla extract
- 1/2 tablespoon lemon zest
- yogurt optional
- strawberries optional
- granola optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 50 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 220 milligrams
9. Sugar: 12 grams

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