

Baked Cheesecake

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Serves 8

Ingredients

- 450g low fat cream cheese
- ½ cup sugar
- 1 tsp vanilla essence
- 2 egg white
- 60g graham crackers
- ¼ cup apple juice, no added sugar

Method

1. Preheat oven to 180 degree Celsius and grease an 8 inch pan.
2. Blend graham crackers and apple juice and press crumbles into bottom of pan.
3. Combine the rest of the ingredients and pour into pan.
4. Bake for 30 minutes.

Nutrition Information (Per Serving)

Energy	150kcal
Protein	10.5g
Fat	2g
Saturated fat	1.1g
Cholesterol	10mg
Carbohydrate	22g
*Carbohydrate exchange	~1.5 exchange
Dietary fibre	0.4g
Sodium	119mg