

Cheesecake 3

Ingredients:

- 8 oz cream cheese
- ½ cup Splenda
- 8 oz Cool Whip

Directions:

1. Soften cream cheese.
2. Mix all ingredients together and pour into a pan.
3. Refrigerate for 3 hours.

For Our Program:

Nutrition Information:

Servings = 8

Carbohydrates per serving = 9g