

Cheesecake 2

Ingredients:

- 3 pkg (8 oz each) cream cheese, softened
- 1 cup sour cream
- 3 eggs
- 1 cup Splenda
- 1 Tbsp any extract (vanilla, lemon, or almond)

Directions:

1. Cream together all ingredients until smooth.
2. Pour into a spring-form pan that has been coated with non-stick cooking spray.
3. Bake at 350°F for 30-45 minutes.

For Our Program:

Nutrition Information:

Servings = 8

Carbohydrates per serving = 7g