

Low-Calorie Lemon Cheesecake Bars

For the Crust:

9 whole low-fat Cinnamon Graham Crackers
2 Tbsp. unsalted Butter, melted
2 Tbsp. water
Cooking Spray

For the Filling:

8 oz. Neufchatel Cheese
¼ cup sugar
2 Tbsp. milk
1 egg
1 Lemon, zested
¼ cup Lemon Juice

Preheat oven to 350.

In a food processor, pulse graham crackers until crumbled. Add butter, and 1-2 Tbsp water as needed until crumbs are thoroughly moistened. Spray an 8x8 inch baking pan lightly with cooking spray, line it with parchment paper, and spray again. Press graham cracker mixture into the bottom and bake for 8 minutes, or until browned. Let cool for at least 10 minutes.

Meanwhile, whip the Neufchatel cheese and sugar until smooth. Add milk, egg, lemon zest, and lemon juice and thoroughly mix, scraping the sides. Pour onto graham cracker crust, and bake 20-25 minutes, or until completely set. Let cool, then refrigerate. Cut into 16 pieces, and refrigerate until ready to serve.

Nutritional info per bar: Calories 100, Fat 5g, Carbs 10g, Protein 2g

Recipe by Megan Farquharson
Cheesyrice.com