



Ingredients:

2 lbs no fat cream cheese
4 whole eggs
1 tsp vanilla extract
1 tablespoon cinnamon
4 oz (1/2 cup) low no fat milk
1 cup cooking splenda

Directions:

Preheat oven to 350 degrees.

Using No Fat cooking spray, spray 9" pie pan

Mix ingredients together using an electric blender in a large bowl
Pour mix into pre-greased pan

Bake at 350 degrees for 40-50 minutes.
Remove from oven and place directly into refrigerator.

Let sit 4-5 hours in the fridge (or overnight).

Macronutrient Totals (per slice):

Calories per slice: 146.5
Protein: 20g
Carbohydrates: 6g
Fat: 2.25g

Chocolate or vanilla protein powder can be added to the mix for flavor and more protein if desired.

For special occasions, you can add a little extra to this cheesecake by evenly spreading natural peanut butter on the top after cooking, and drizzling sugarfree free chocolate syrup over each piece.