



### **Low-Fat Berry Cheesecake**

1 cup organic plain granola (no nuts)  
1 cup flax cereal (flakes; no fruits or nuts)  
2 large egg whites  
1 tablespoon unflavored gelatin (measured from 2 envelopes)  
1 1/2 cups low-fat strawberry yogurt  
Two 8-ounce packages low-fat cream cheese  
2 teaspoons vanilla extract  
2 cups fresh blackberries  
1 cup halved fresh strawberries  
Mint leaves for garnish

- Preheat the oven to 375°F.
- Put the granola and flax into a large, heavy-duty zip-top bag. Gently crush with a rolling pin to form coarse crumbs.
- In a medium bowl, lightly beat the egg whites. Add the cereal mixture and stir to combine. Transfer the mixture to an 8-inch springform pan and spread evenly over the bottom of the pan and a little up the sides, patting it down so it all stays together.
- Bake for 15 minutes, or until lightly browned and crisp. Remove from the oven and let cool completely.
- Pour 1/3 cup water into a small saucepan and sprinkle the gelatin over the water. Let stand for 10 minutes. Place over very low heat and stir until the gelatin dissolves.
- In a food processor, combine the yogurt, cream cheese and vanilla and blend until smooth. With the motor running, slowly add the warm gelatin mixture in a thin stream through the hole in the lid.
- Pour the filling over the crust. Cover with plastic and chill overnight to set. Run a knife around the sides of the pan to loosen the cheesecake, then release the pan sides and transfer to a serving platter.
- Scatter the top with the berries and garnish with the mint leaves. Cut into wedges and serve.

Prep Time: 30 minutes, plus chilling overnight; serves 8 to 10