



No Bake Cheesecake

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Yields: 3 servings

Serving Size: 1 slice

Protein per serving: 1.5 G

Calories per serving: 210

Ingredients:

- $\frac{1}{3}$ cup graham cracker crumbs (Gluten free graham crackers recommended for lower phe)
- 1 Tbs butter, melted
- $\frac{3}{4}$ cup Cambrooke Cream Cheese
- 1 Tbs sour Cream
- 2 tsp sugar
- 1 $\frac{1}{2}$ to 1 tsp vanilla extract

Directions:

1. Line a 6 inch springform pan with parchment and lightly spray with cooking spray.
2. In a small bowl combine the Graham cracker crumbs and melted butter. Lightly toss together until the crumbs are well moistened. Add crust mixture to springform pan and press crumbs into bottom and sides of pan. Place into refrigerator to set.
3. Using a small skillet, add cream cheese, sour cream, and sugar. Heat skillet over medium-low heat. Once cream cheese begins to soften use a whisk to mix. Continue to whisk until filling is creamy. Remove skillet from heat and allow to cool for two minutes.
4. Remove springform pan from refrigerator and pour in cheesecake filling. Refrigerate for at least one hour.
5. Run a thin knife between cheesecake and pan to loosen and remove from springform pan. Serve plain or with your choice of toppings: caramel, preserves, cookie butter, whipped cream, berries, etc.