

New York Style Cheesecake

My Healthier, Lower Fat, Lower Calorie Version of Tyler Florence's famous 'Ultimate Cheesecake'

A few months after joining Weight Watchers, I modified Tyler Florence's "Ultimate" Cheesecake, into Point-friendly mini cheesecakes. This is my full-sized version of that recipe. Unlike popular 'skinny' cheesecake recipes, this is NOT simply Greek yogurt baked with an egg and pudding. This is the real deal, there ain't no "Lie-Pie" here, baby! Read the notes for substitutions, recommendations and 'Point' adjustments.

Ingredients:

CRUST:

- 1-1/4 cups Fiber One cereal 'with whole grain'
- 6 cinnamon graham cracker sheets (24 total crackers)
- 2/3 cup 0 calorie brown sugar replacement o' choice ***
- 3/4 to 1 tsp ground cinnamon
- 1/8 tsp ground ginger (optional)
- 1/4 cup I Can't Believe It's Not Butter Light, warmed
- 1-1/2 Tbsp sugar free pancake syrup
- 1 to 2 Tbsp water, if needed
- 8 second spray butter flavored cooking spray

BATTER

- 14 oz 1/3 less fat cream cheese, or Neufchatel. Your choice.
- 32oz FAGE fat free plain Greek yogurt, strained overnight. (as shown in Cookbook 1, pg. 36)
- 3 Tbsp all purpose flour
- 1-1/2 cups 0 calorie 1-to-1 sugar replacement o' choice
- 3 large eggs PLUS 3 egg yolks
- 1 Tbsp lemon juice
- 1 Tbsp lemon zest, finely minced
- 3 tsp imitation vanilla extract
- 2 tsp Watkins cream cheese flavoring/extract

BERRY TOPPING (optional, but highly recommended):

- 12 oz fresh blueberries (or **ANY** fresh fruit)
- 2 Tbsp water
- 2 to 3 Tbsp 0 calorie 1-to-1 sugar replacement o' choice
- splash of lemon juice
- 1-1/2 tsp cornstarch, dissolved in 1 Tbsp water

Servings Info.:

Yield: 9" Cheesecake

Servings: 12

Serving Size: 1/12

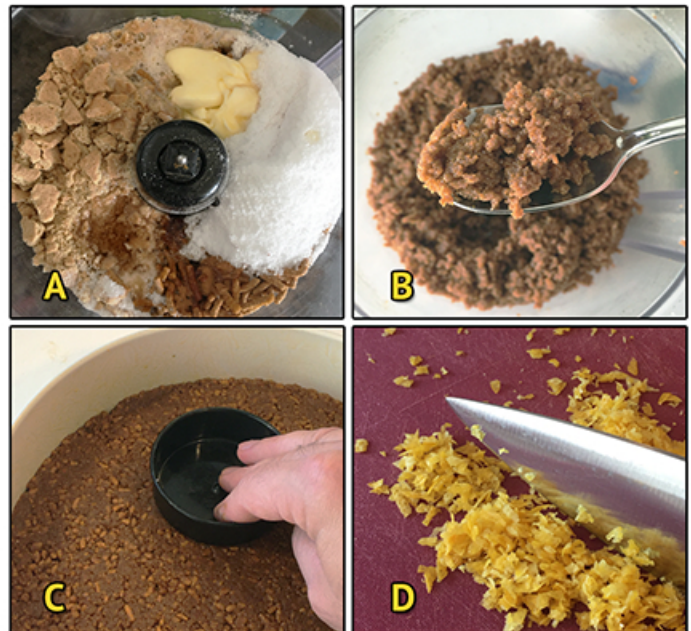


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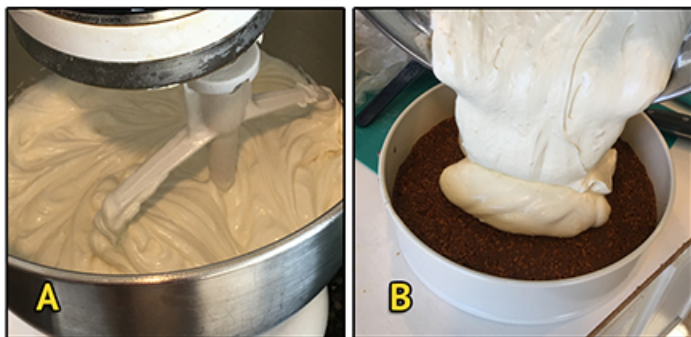
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Directions:

- 1-2 hours before baking, set out the cream cheese, yogurt and eggs, letting them get to room temperature.



- (A) Add the bran cereal, graham crackers, sweetener, cinnamon, melted butter and syrup to a food processor. Spray into the processor for 8 seconds with butter flavored cooking spray. (B) Run the processor till the ingredients are similar in texture to a regular graham crust. Add water if needed. (C) Pour into a 9" springform pan and spread around by pressing down with a cup or measuring scoop. Done. (D) Mince lemon zest, set aside.



3. (A) In a large bowl, mix together the cream cheese, till smooth. Add the greek yogurt, blend till smooth. Repeat, with the eggs, lemon juice, extracts and lemon zest, mixing on low speed until smooth. Finally, add the flour and sweetener. Mix on low till smooth. (B) Pour over the prepared crust. Lightly 'knock' on the side of the pan for 2 minutes. Any large air bubbles trapped in the batter will rise up to the top. It sounds crazy, but it works.

4. Preheat oven to 325 degrees. Fill an OVEN SAFE pot with water. Bring to a rolling boil. (see notes about water bath)



5. (A) When the oven is at 325 degrees, place the pot of boiling water into the oven, followed by the cheesecake. (B) Bake for 45 minutes at 325 degrees. How do you know when it's done? Open the oven and use a kitchen spoon to poke/jostle the pan. The middle of the cheesecake should still juuuuuust jiggle a bit, like almost-set gelatin. Don't overcook it. Remove from oven, set aside and let cool for 1-2 hours. (C) When the cheesecake has cooled, begin heating a medium sauce pan. Add your berries o' choice, lemon juice, sweetener and water. Simmer until the berries break down and the liquid begins to reduce. Add the dissolved cornstarch, stir to combine, and simmer for 2-3 minutes, till thick. (D) Pour over cheesecake and spread just shy of the edges. Let cool for 15 minutes, then place in fridge for at least 2-3 hours, though overnight is recommended.

NOTES:

- I cannot stress enough how important it is to use ROOM TEMPERATURE EGGS, CREAM CHEESE & YOGURT!!! If you use them cold, straight from the fridge, the batter will be extremely cold. It will add at least 30 minutes of bake time. At 45 minutes the cheesecake still won't be cooked. Pleeese, take the time and allow it all to warm up.
- **SWEETENER:** If you don't want to use brown sugar substitute for the crust, don't worry about it. Use regular sugar replacement and simply add 1/4 tsp molasses.
- **GRAHAM CRACKERS:** Use LOW FAT cinnamon or honey graham crackers, they are lower in points than regular ones. Honey Maid scans as 6 sheets for 13 points, but if you search for them in the database, they show as higher than if you actually scan the physical box.
- **WATER BATH:** I did not use a water bath for my recipe, choosing to instead place a pot of boiling water in the oven. The reason is... for novice cooks. I am NOT going to tell them they have to use a water bath. If you want to use a water bath, have at it.
- **USING FAT FREE CREAM CHEESE:** If you'd like to make this even lower in points, replace the 14 oz of 1/3 less fat cream cheese with 16 oz of Fat Free cream cheese. Increase the flour from 1/4 cup to 1/3 cup, then increase the bake time to 60-70 minutes. Also, it will NEED to set overnight in the fridge. The top will have a lot more cracks, but that's a result of the cheesecake being nearly fat free. Making it this way, will lower the points by 2 per serving.
- **FRUIT TOPPING:** You can replace the blueberries with any type of fresh berries you want. For a more traditional NY-style topping, skip the fruit and use a thin layer of fat free sour cream instead. I personally prefer the fruit.

