

# No Bake Cheesecake Cups

*This recipe uses a sugar substitute to help lower the calories, sugars and Weight Watchers points. It's a tasty treat for diabetics that are watching their sugar intake.*

Recipe Type: Dessert, Diabetic, Snack

Degree of Difficulty: Easy

## Ingredients

12 each graham cracker squares (2\* inches each)  
1/3 cup Truvia sugar substitute  
4 tbs margarine, reduced fat  
8 oz Cream Cheese, fat free  
8 oz Cream Cheese, low fat  
1/2 cup Sour Cream, fat free  
1 cup Whipped Topping, reduced fat  
1/4 tsp strawberry extract  
Fresh fruits, for topping (optional)



## Directions

- 1 Line cupcake pan with paper cups.
- 2 Place graham crackers in a food process and blend until they are fine crumbs.
- 3 In a medium bowl, combine the graham cracker crumbs and margarine. Mix well.
- 4 Press 1 rounded tablespoon of graham cracker mixture into the bottom of each paper cup.
- 5 Place pan in the refrigerator to chill.
- 6 In a large mixing bowl, add the non-fat cream cheese, non fat sour cream and 1/3 cup sugar substitute.
- 7 Beat with an electric mixture on low until smooth.
- 8 Beat in the strawberry extract and half of the whipped cream.
- 9 Fold in the remaining whipped cream.
- 10 Spoon cheesecake filling into paper cups filling to the top.
- 11 Place sliced strawberries and blueberries on top (optional)
- 12 Place in the fridge for at least 2 hours or until filling is set.

## Cooking Times

Preparation Time: 20 minutes

## Nutrition Facts

Nutrition (per serving): 138 calories, 6.9g total fat, 3.2g saturated fat, 14.5mg cholesterol, 303.3mg sodium, 15.2g carbohydrates, <1g fiber, 6.1g sugar, 5.1g protein.

Servings: 12

Yield: 12 Cheesecake cups

## Weight Watchers Points

Note: The nutrition and Weight Watchers points do not include the optional fruits.

Orig. WW Pts: 3

Points Plus: 4

Smart Points: 5

FreeStyle Smart Points: 5

**Tips**

You can use all non-fat cream cheese, however the cheese cake cup won't set up as well. So be prepared to eat it with a fork versus your fingers.