

Berry Cheesecake Dessert

Makes 6-8 servings

Prep: 20 minutes

Chill for 4 to 24 hours

INGREDIENTS

- 8 oz. fat-free cream cheese
- 1 cup low-fat ricotta cheese
- Low calorie powdered sweetener equal to 6 tablespoons sugar, or 6 tablespoons white sugar
- 1 teaspoon finely shredded orange or lemon peel
- 2 tablespoons orange juice
- 6 cups sliced strawberries, raspberries and/or blueberries
- 8 ginger snaps or chocolate wafers, broken

1. In a blender or food processor, combine cream cheese, ricotta cheese, powdered sweetener or sugar, orange or lemon peel and orange juice. Cover and blend or process until smooth. Cover and chill for 4 to 24 hours.
2. To serve, divide the fruit among dessert dishes. Top each serving with the cream cheese mixture and sprinkle with the broken cookies. Makes 6-8 servings.

Nutrition facts per serving:

Calories: 115, Total fat: 2 grams, Saturated fat: 1 gram, Cholesterol: 9milligrams, Sodium: 61mg, Carbohydrates: 17 grams, Fiber: 2 grams, Protein: 8 grams, Vitamin C: 109%, Iron: 4%

Equivalent to 1 fruit and 1 lean meat exchange for people with diabetes