

Cheese Cake

(Serves 10) Prep time: 10min / Total Time: 45 min

Ingredients

6 Egg Whites
1 tsp Vanilla Extract
16 oz low-fat cottage cheese
1 tsp lemon zest
2 tsp fresh lemon juice
4 oz low-fat cream cheese
¼ cup agave nectar
Olive oil cooking spray



Instructions:

- Preheat oven to 350 degrees
- Beat egg whites with hand mixer until soft peaks form, about 2 minutes.
- Add vanilla and beat until combined, just a few seconds
- Using a food processor puree cottage cheese, zest and lemon juice until pureed smooth, about 3 minutes.
- Add cream cheese and agave nectar and puree until well blended, about 2 minutes.
- Gently fold cheese mixture into fluffy egg whites. Some of them will break down in the mixing, which is fine.
- Line a cheesecake (spring form) pan with aluminum foil, making sure there are no cracks on the bottom and the foils fits the pan tightly.
- Spray with cooking spray and pour cheesecake batter in the pan.
- Place cheesecake pan into another larger baking dish, filled an inch up the side with water to create a water bath for the dessert.
- Bake for 30 minutes or until cheesecake is set and slightly golden on top.
- Remove from heat; remove from water bath; and let sit for at least 5 minutes before serving.
- You can make this the night before and chill in refrigerator before serving.

Top with Mango Pineapple coulis! YUM!