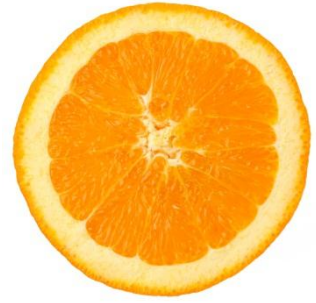


Guiltless Orange Cheesecake



Filling

2.5 cups low-fat (1%) cottage cheese
1.5 cups of reduced-fat cream cheese, cut into pieces
1/3 cup packed coconut sugar or light brown sugar
1/4 cup cornstarch
1 large egg
2 large egg whites
1 cup greek yogurt (plain, vanilla, or honey)
4 tsps freshly grated orange zest
2 tbsp orange juice
1 tsp vanilla extract
1 tsp of orange extract

Glaze

2 tablespoons orange marmalade
2 tablespoons orange liqueur, or orange juice
1 seedless orange, scrubbed and thinly sliced

Crust

15-20 lady finger cookies
2 tablespoons of low-fat butter, melted

Preparation

1. Preheat oven to 325°F. Use Convection Heat if possible.
2. Grease a 9-inch pan with cooking spray.
3. Boil some water to prepare for a water bath. Wrap the outside of the pan with a double thickness of foil.
4. Grind lady fingers in a food processor. Add melted butter and process until the crumbs are moistened. Press crumbs evenly into the bottom of the greased pan.
5. Purée cottage cheese in a food processor until smooth. Add cream cheese, sugar, and cornstarch. Process thoroughly. Add egg, egg whites, yogurt, orange zest, orange juice orange & vanilla extracts; process until smooth.
6. Place mixture over the crust. Using a shallow roasting pan filled with the boiling water a quarter of the way up, bake the cake until the edges are set but the center still loose, 50 to 60 minutes.
7. Turn off the oven and using a greased knife, run it around the inside edge of the pan. Let the cheesecake stand in the oven, with the door slightly open, for 1 hour.
8. Remove the cheesecake from the water bath and refrigerate until chilled, about 2 hours.
9. Shortly before serving, combine marmalade and orange liqueur (or juice) in a small saucepan. Heat over low heat, stirring, until melted and smooth. Pour glaze over the top of the cheesecake and garnish cheesecake with the orange slices.

Makes 16 servings.

Nutrition per serving:

Cals.: 199 calories

Fat: 7 g fat

Carbs: 26 g

Fibre: 1 g

Protein: 9 g

