

Chocolate-Amaretto Cheesecake

Hands-on - 25 min.
Oven - 45-50 min.
Serves 12

When invited over to friends for dinner, I love bringing this dessert. They can't believe a "dietitian" could bring anything so good. This is truly "crime without punishment!"

Preheat oven to 300°.

12 chocolate wafers or 6 graham cracker squares

8 hours or day before serving:

Finely crush and sprinkle into bottom of 8" springform pan.*** Set aside.

1 tub (8 oz) fat-free cream cheese

1 cup sugar

1½ cups nonfat cottage cheese

6 T unsweetened cocoa powder

¼ cup all-purpose flour

¼ cup Amaretto*

1 tsp vanilla extract

Position knife blade in food processor bowl. Add ingredients, processing until smooth.

1 egg

Add and process just until blended.

Slowly pour mixture over crumbs in pan.

2 T semi-sweet chocolate mini-morsels

Sprinkle on top of mixture.

Bake 45 to 50 minutes or until cheesecake is set. Let cool in pan on wire rack. Once cheesecake is cool, cover and chill at least 8 hours. Remove sides of pan.

1 - 2 cups raspberries or sliced strawberries (to taste)

Place in a bowl and serve alongside the cheesecake platter. Invite guests to top their cake as desired.

**Alcohol-free option: Substitute 2 T light corn syrup, 2 T water and 1 tsp almond or peppermint extract.*

**Chocolate-mint Cheesecake: Substitute ¼ cup Creme de Menthe for the Amaretto.*

****An 8-inch round pan can be used, but it's more difficult to remove a slice neatly.*

Nutrition information for 1 slice of alcohol-free option (1/12 of cake) topped with 6 raspberries

Calories	175	Fat	2.5 g	Fiber	2 g	Sodium	256 mg	Total Carbohydrate	31 g
Calories from Fat	12%	Saturated Fat	1 g	Cholesterol	20 mg	Protein	8 g	Sugars	24 g