

Aunt Margie's Healthier Cheesecake  
An original recipe by Marjorie King

Okay, so cheesecake is never going to be health food, but this recipe features reduced calories and fat. So maybe you will live longer, to eat more cheesecake!

For crust:

Crust:

1 1/2 cups graham cracker crumbs  
1/2 cup of sugar  
1/3 cup of melted butter

Filling:

3 eggs, separated  
1/2 cup sugar  
12 ounces low-fat cream cheese  
1 1/2 cups low-fat or non-fat plain yogurt  
1 1/2 T. Flour  
1 T. Vanilla extract  
! T. lemon juice or Hazelnut syrup

1. Preheat oven to 300 F.
2. Lightly oil an 8" x 8" square baking pan. I use a brush and canola oil.
3. Mix together the graham cracker crumbs and sugar, then stir in melted butter. Set aside about 1/4 cup of the mixture and press the rest into the bottom of the pan.
4. Beat the egg whites in a mixer bowl, until stiff but not dry, pour into a stainless steel or glass bowl, set aside.
5. Without washing the mixer bowl, add the egg yolks and beat well.
6. Gradually add the sugar and cream cheese, beat until very smooth and light.
7. Beat in yogurt, flour, vanilla and lemon.
8. Fold in egg whites, reserving about a half cup for topping.
9. Pour filling over crust.
10. Combine reserved egg whites and remaining crumb mixture, sprinkle over the top.
11. Bake in preheated oven until a knife comes out clean, about 1 1/2 to 2 hours.
12. Cool. Best when chilled overnight.