

SKINNY LEMON BLUEBERRY CHEESECAKE BARS

Portions: 120

Ingredients:

- full-sheet graham crackers
- coconut oil
- reduced fat cream cheese
- plain greek yogurt (2%)
- granulated sugar
- lemon juice
- lemon zest
- vanilla extract
- white whole wheat flour
- egg whites
- fresh blueberries

Amount	Item
60	full-sheet graham crackers
24 T	coconut oil
96 oz	reduced fat cream cheese
9 cups	plain greek yogurt (2%)
4 cups	granulated sugar
24 T	fresh lemon juice
12	lemon zests
4 T	vanilla extract
24 T	white whole wheat flour
24	egg whites
12 cups	fresh strawberries, diced

Method:

1. Preheat oven to 350 F. Line an 8x8 inch baking pan with aluminum foil, leaving some overhang on the sides, and set aside.
2. To make the crust:
 - a. Using a food processor, process the graham crackers until you have fine crumbs. Add in the melted coconut oil and pulse until well combined.
 - b. Scoop the graham cracker mixture into the prepared baking pan and press down. Bake for 8 minutes. Remove from the oven and set aside to cool.
3. To make the filling:

Loma Linda University

Allied Health

Nutrition & Dietetics

- a. Use a stand mixer fitted with the paddle attachment or a handheld mixer, beat the cream cheese and greek yogurt until smooth. Beat in the sugar and mix until well combined. Add in the lemon juice, lemon zest, vanilla, flour, and egg whites one at a time and mix until fully combined.
- b. Pour the filling over the crust and return to the oven. Bake at 350 F for about 25 minutes.
- c. Remove the cheesecake from the oven and allow to cool for 30 minutes at room temperature. Transfer to the refrigerator and refrigerate for at least 3 hours or overnight.
- d. Top with diced strawberries.