

Lemon Cheesecake Bars

Oshkosh Community YMCA

Lightened up, creamy and bursting with fresh lemon flavor, these cheesecake bars are the perfect dessert!

INGREDIENTS:

- 6 whole graham crackers
- 2 tablespoons unsalted butter, melted
- 6 ounces 1/3 less fat cream cheese, softened
- 6 ounces plain non-fat Greek yogurt
- 1/3 cup granulated sugar
- 1 egg + 1 egg white
- Pinch of salt
- 1 heaping tablespoon lemon zest
- 1/4 cup fresh lemon juice
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons all purpose flour



INSTRUCTIONS:

1. Preheat oven to 350 degrees. Spray an 8×8 baking pan with cooking spray or line it with parchment paper.
2. Place the graham crackers in the bowl of a food processor and pulse until finely ground. Drizzle in the melted butter, pulse again until the crumbs are moist, and stick together when pressed between your fingers.
3. Pour the crumbs into the prepared 8×8 pan and firmly press them into an even layer. Bake the crust in the oven for 6 to 7 minutes or until the edges start to turn golden brown. Remove from the oven and reduce the heat to 300 degrees. Let the crust cool while you make the filling.

4. In the bowl of an electric mixer or using a handheld mixer beat the softened cream cheese until light and fluffy, about 2 minutes. Add in the Greek yogurt, sugar and pinch of salt and beat again until smooth, scraping down the sides and bottom of the bowl as needed.
5. Add in the egg and egg white and beat until smooth. Add in the lemon zest, juice and vanilla and beat until smooth. Add in the flour and beat until smooth.
6. Pour the filling on top of the cooled graham cracker crust then place it on the middle rack of the oven. Bake for 25 to 30 minutes or until the cheesecake is set, but the center is still a little jiggly, don't overbake.
7. Allow the bars to cool completely before refrigerating them for at least 3 hours.

Makes 9 SERVINGS

NUTRITION

SERVING: 1BAR, CALORIES: 156KCAL,
CARBOHYDRATES: 18G, PROTEIN: 4G, FAT: 6G,
SATURATED
FAT: 3G, CHOLESTEROL: 36MG, SODIUM: 164MG,
POTASSIUM: 103MG, FIBER: 0G, SUGAR: 11G,
VITAMIN A: 210IU, VITAMIN
C: 3.5MG, CALCIUM: 59MG, IRON: 0.6MG

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.