

## **Cheesecake Dainties**

Serves 4; 2 cheesecakes per serving

Wonton wrappers sprinkled with crushed graham cracker create mini-baskets for a luscious cheesecake-style filling.

Cooking spray

2 tablespoons crushed low-fat graham cracker

1/4 teaspoon ground cinnamon

8 wonton wrappers

2 ounces low-fat tub cream cheese, softened

1/4 cup fat-free sour cream

1 tablespoon frozen orange juice concentrate

1 1/2 teaspoons firmly packed light brown sugar

1/2 teaspoon fresh lemon juice

1/2 teaspoon vanilla extract

1/4 cup sliced strawberries

2 teaspoons honey

Preheat the oven to 400°F. Lightly spray 8 cups of a 12-cup mini-muffin pan with cooking spray.

In a small bowl, stir together the graham cracker and cinnamon.

Place the wonton wrappers in a single layer on a flat surface, such as a large cutting board or piece of aluminum foil. Lightly spray both sides of the wrappers with cooking spray. Sprinkle with the graham cracker mixture. Place a wrapper in each of the sprayed muffin cups. Press down gently in the middle of each wrapper so it molds to the shape of the cup and the tips point out attractively. Fill the remaining 4 muffin cups with water (to keep the pan from warping).

Bake for 6 to 7 minutes, or until golden brown. Transfer the pan to a cooling rack. Let cool for at least 15 minutes before removing the baskets from the pan.

Meanwhile, in a medium bowl, using an electric mixer on medium speed, beat the cream cheese, sour cream, orange juice concentrate, brown sugar, lemon juice, and vanilla for 1 to 2 minutes, or until fluffy, scraping the bowl once halfway through. Spoon about 1 tablespoon mixture into each cooled basket.

In a small bowl, stir together the strawberries and honey. Arrange the strawberries on top of each basket.

**NUTRITION ANALYSIS (per serving)**

Calories	133	
Total Fat	2.5 g	
Saturated Fat	1.5 g	
Trans Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Monounsaturated Fat	1.0 g	
Cholesterol	13 mg	
Sodium	98 mg	
Carbohydrates	22 g	
Fiber	1 g	
Sugars	9 g	
Protein	4 g	

**Dietary Exchanges:** 1 1/2 starch

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