

Mini Banana Cheesecakes

Makes 8

8 vanilla wafers
5 oz. neufchatel cream cheese
1/4 cup part skim ricotta cheese
1/2 cup vanilla yogurt
2 T sugar
1/2 medium banana
1 t vanilla
1 t cinnamon
2 t lemon juice
1 egg
1/2 t baking powder



Optional topping: caramel sauce, banana slices, cookie crumbs, whipped cream

Preheat oven to 375°F. Place 8 muffin liners into a cupcake pan. With an electric hand mixer, beat together, cream cheese, ricotta cheese, yogurt, banana, vanilla, cinnamon, lemon juice, and the egg until mostly smooth. Add the baking powder and mix for 10 more seconds. Pour batter into 8 muffin cups. Bake for 25 minutes until slightly brown on top. Allow to cool for at least 30 minutes. Top with your favorite topping and enjoy.

Nutrition information per serving (with 2 T whipped cream and 2 t butterscotch topping):
130 calories, 6g total fat (1.5g saturated fat), 1g dietary fiber, 4g protein, 150 mg sodium.

