

Low-Fat Cake, Cheesecake

& Cookie Recipes

Eat Less Fat Now Without Sacrificing Flavour!

Sarah C. Steward

Smashwords Edition

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Table of contents

[Introduction](#)

[German Chocolate Cake](#)

[Glazed Blueberry Cake](#)

[Applesauce Streusel Cake](#)

[Lemon Poppy Seed Cake](#)

[Marble Pound Cake](#)

[Ricotta Cheesecake](#)

[White Chocolate Cheesecake](#)

[Cappuccino Cheesecake](#)

[Chocolate Chip Cheesecake](#)

[Marble Mint Cheesecake](#)

[Chocolate Swirl Cheesecake](#)

[Turtle Cheesecake](#)

[Strawberry Spectacular Cheesecake](#)

[Luscious Lemon Cheesecake](#)

[Raspberry Cheesecake](#)

[Strawberry Cream Cheese Squares](#)

[Chocolate Crinkles](#)

[Glazed Chocolate Shortbread Squares](#)

[Frosted Cocoa Brownies](#)

[Caramel Apple Cookies](#)

[Campus Bars](#)

[Mississippi Mud Bars](#)

[Apple Cranberry Bars](#)

[Conclusion](#)

[PDF Book](#)

[More Books From This Author](#)

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“Low-Fat Cake, Cheesecake, and Cookie Recipes:

Eat Less Fat Now Without Sacrificing Flavor”

By: Sarah C. Steward

Introduction

Hello, my name is Sarah Steward. I'm a health/fitness coach and I also know my way around the kitchen. With the increasing rate of high blood pressure, diabetes, heart conditions, and high cholesterol, the need to eat right is more important than ever before.

Cakes, Cheesecake, and Cookies aren't exactly "healthy"; but if you're going to eat them, then it's better to make them yourself using the low-fat recipes in this cookbook.

What makes this cookbook different?

I've handpicked over 20 recipes that are not only low in fat, but delicious! The recipes in this book are also very simple and super easy to make. All the ingredients in this book can be found at your local supermarket, and most the recipes in this book can be prepared under an hour.

When preparing these **cake and cookie recipes**, make sure that you follow the "servings" information. For example, if a recipe says "16 servings" then make sure that you divide the cake into 16 servings. This is very important because each recipe comes with nutritional facts per serving. If you're serious about eating less fat, then follow the "Per Servings" information in this book

Keep in mind that the nutritional facts should only be used as guidelines. Results may vary slightly depending upon the brand of ingredients that you decide to use. If you have serious health problems that require strict dietary requirements, then consult your doctor or nutritionist first **before** using recipes in this or any other cookbook.

Let's start cooking!

German Chocolate Cake

16 servings

- 1 cup granulated sugar
- $\frac{3}{4}$ cup packed light brown sugar
- $\frac{1}{2}$ cup unsweetened applesauce
- 1 $\frac{1}{2}$ cups 1% low-fat milk
- 1 tablespoon lemon juice
- 4 ounces German sweet chocolate, melted
- 1 teaspoon vanilla
- 2 eggs
- 2 egg whites
- 2 cups all-purpose flour
- 2 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- Coconut Frosting (recipe follows)

1st Step: Mix sugars and applesauce, milk, lemon juice, melted chocolate, and vanilla in large bowl. Beat in eggs and egg whites; mix in combined flour, baking soda, and salt.

2nd Step: Pour batter into 2 greased and floured 9-inch round cake pans. Bake at 350 degrees until cakes spring back when touched, about 25 minutes. Cool in pans on wire rack 10 minutes; remove from pans and cool completely.

3rd Step: Place 1 cake layer on serving plate; spread with $\frac{3}{4}$ cup Coconut Frosting; top with second cake layer. Frost top and side of cake.

Coconut Frosting (makes about 2 $\frac{1}{2}$ cups)

- $\frac{3}{4}$ cup sugar
- 2 tablespoons plus 1 $\frac{1}{2}$ teaspoons cornstarch
- 5 tablespoons margarine
- $\frac{1}{3}$ cup light corn syrup
- 1 $\frac{1}{4}$ cups evaporated fat-free milk
- 2 teaspoons vanilla
- $\frac{1}{2}$ cup shredded coconut
- $\frac{1}{2}$ cup chopped toasted pecans

Combine all ingredients, except coconut and pecans, in medium saucepan. Heat to boiling; stir in coconut and pecans. Cool until thick enough to spread, stirring occasionally. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 368
- *% Calories from fat:* 23
- *Fat (gm):* 9.8
- *Sat. fat (gm):* 3.3
- *Cholesterol (mg):* 28.1
- *Sodium (mg):* 265
- *Protein (gm):* 6.2
- *Carbohydrate (gm):* 66.5

Glazed Blueberry Cake

8 servings

- ½ cup margarine, softened
- 1 cup sugar
- 2 eggs
- ½ cup fat-free milk
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- Generous pinch ground nutmeg
- ½ teaspoon salt
- ¾ -1 cup fresh, or frozen, blueberries
- Grated rind of 1 lemon
- Lemon Glaze (recipe follows)

1st Step: Beat margarine and sugar until blended in large bowl; beat in eggs, milk and vanilla. Mix in combined flour, baking powder, nutmeg, and salt; fold in blueberries and lemon rind.

2nd Step: Pour batter into greased 8 or 9-inch square baking pan. Bake at 350 degrees until toothpick inserted in center comes out clean, 30 to 35 minutes. Cool on wire rack. Drizzle with Lemon Glaze

Lemon Glaze (makes about ¼ cup)

- ½ cup powdered sugar
- 1-2 teaspoons finely grated lemon rind
- 3-4 teaspoons lemon juice

Mix powdered sugar, lemon rind, and enough lemon juice to make glaze consistency. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 375
- *% Calories from fat:* 31
- *Fat (gm):* 12.9
- *Sat. fat (gm):* 2.7
- *Cholesterol (mg):* 53.3
- *Sodium (mg):* 426
- *Protein (gm):* 5.6
- *Carbohydrate (gm):* 60.2

Applesauce Streusel Cake

9 servings

- ½ cup margarine, softened
- ¾ cup packed light brown sugar
- 1 egg
- ¾ cup applesauce
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick-cooking oats
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking soda
- ¼ teaspoon ground cloves
- Crisp Streusel (recipe follows)

1st Step: Beat margarine and sugar in large bowl until blended; beat in egg, applesauce, and vanilla. Mix in combined remaining ingredients, except Crisp Streusel, stirring until well blended.

2nd Step: Pour batter into greased 8 to 9-inch square baking pan. Sprinkle with Crisp Streusel. Bake at 350 degrees until toothpick inserted in center of cake comes out clean, 35 to 40 minutes. Cool on wire rack.

Crisp Streusel (makes about ¾ cup)

- ½ cup packed light brown sugar
- 2 tablespoons quick-cooking oats
- 2 tablespoons flour
- 2 tablespoons cold margarine, cut into pieces

Combine brown sugar, oats, and flour in small bowl; cut in margarine with pastry blender to form crumbly mixture. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 348
- *% Calories from fat:* 35
- *Fat (gm):* 13.8
- *Sat. fat (gm):* 2.8
- *Cholesterol (mg):* 23.6
- *Sodium (mg):* 441
- *Protein (gm):* 4.3
- *Carbohydrate (gm):* 53.3

Lemon Poppy Seed Cake

12 servings

- 1 ¼ cups granulated sugar, divided
- ½ cup fat-free milk
- 1/3 cup vegetable oil
- 1/3 cup fat-free sour cream
- 1/3 cup unsweetened applesauce
- 2 egg yolks
- ½ teaspoon lemon extract
- 2 cups cake flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 2 egg whites
- 1/8 teaspoon cream of tartar
- 3 tablespoons plus 1 teaspoon poppy seeds, divided
- 1 tablespoon grated lemon rind
- Lemon Glaze (see “Glazed Blueberry Cake” recipe)

1st Step: Mix 1 cup granulated sugar, milk, oil, sour cream, applesauce, egg yolks, and lemon extract in large bowl; mix in combined flour, baking powder, baking soda, and salt.

2nd Step: Beat egg whites and cream of tartar to soft peaks in medium bowl; beat to stiff peaks, adding remaining ¼ cup sugar gradually. Fold egg whites, 3 tablespoons poppy seeds, and lemon rind into cake batter.

3rd Step: Pour batter into greased and floured 12-cup plain or fluted tube pan. Bake at 350 degrees until toothpick inserted in center comes out clean, about 45 minutes. Cool in pan on wire rack 10 minutes; remove from pan and cool completely.

4th Step: Place cake on serving plate; drizzle with Lemon Glaze and sprinkle with remaining 1 teaspoon poppy seeds. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 260
- *% Calories from fat:* 28
- *Fat (gm):* 8.1
- *Sat. fat (gm):* 1.2
- *Cholesterol (mg):* 35.7
- *Sodium (mg):* 186
- *Protein (gm):* 3.8
- *Carbohydrate (gm):* 43.7

Marble Pound Cake

12 servings

- 1 cup reduced-fat buttermilk
- 1 teaspoon vanilla
- ½ teaspoon baking soda
- 8 tablespoons margarine, room temperature
- 1/3 cup sugar
- 3 egg whites
- 2 cups cake flour
- 1/8 teaspoon salt
- 1 ½ ounces semisweet chocolate, melted
- Chocolate Glaze (Recipe Follows)

1st Step: Mix buttermilk vanilla, and baking soda; let stand 2 to 3 minutes. Beat margarine and sugar until fluffy in large bowl. Beat in egg whites one at a time, beating well after each addition. Mix in combined flour and salt alternately with buttermilk mixture, beginning and ending with flour mixture.

2nd Step: Reserve 2 cups batter; stir melted chocolate into remaining batter. Spoon batters alternately into greased and floured 9x5-inch loaf pan; swirl gently with knife.

3rd Step: Bake at 350 degrees until wooden pick inserted in center comes out clean, 60 to 70 minutes. Cool in pan on wire rack 10 minutes; remove from pan and cool completely.

4th Step: Place cake on serving plate; drizzle with Chocolate Glaze.

Chocolate Glaze

- 1 cup powdered sugar
- 2 tablespoons unsweetened cocoa
- ½ teaspoon vanilla
- 1-2 tablespoons fat-free milk

Combine powdered sugar and cocoa in small bowl; stir in vanilla and enough milk to make glaze consistency. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 291
- *% Calories from fat:* 27
- *Fat (gm):* 9.1
- *Sat. fat (gm):* 2.3
- *Cholesterol (mg):* 0.8
- *Sodium (mg):* 203
- *Protein (gm):* 3.5
- *Carbohydrate (gm):* 50

Ricotta Cheesecake

12 servings

- Lemon Cookie Crumb Crust (recipe follows)
- 3 ½ cups reduced-fat ricotta
- ¼ cup all-purpose flour
- ½ teaspoon salt
- 1 cup sugar
- 2 eggs
- 2 egg whites
- 1 tablespoon grated orange rind
- 1 tablespoon grated lemon rind
- 2 teaspoons vanilla
- Ground nutmeg, as garnish

1st Step: Make Lemon Cookie Crumb Crust, pressing mixture evenly on bottom and ½ inch up side of 10-inch springform pan.

2nd Step: Beat ricotta cheese, flour, and salt in large bowl until well blended. Beat in sugar, eggs, and egg whites; mix on orange rind, lemon rind, and vanilla.

3rd Step: Pour filling into crust. Bake at 350 degrees until filling is set, 1 to 1 ¼ hours. Cool on wire rack; refrigerate 8 hours overnight. Sprinkle lightly with nutmeg before serving.

Lemon Cookie Crumb Crust

- 1 ½ cups lemon cookie crumbs (cookies with powdered sugar)
- 2 tablespoons sugar
- 2-3 tablespoons margarine, melted
- 2 tablespoons honey

1st Step: Mix cookie crumbs, sugar, and margarine in bottom of 8 or 9-inch pie pan; mix enough honey for mixture to stick together. Press evenly on bottom and side of pan.

2nd Step: Bake at 350 degrees 6 to 8 minutes. Cool on wire rack. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 253
- *% Calories from fat:* 25
- *Fat (gm):* 7.2
- *Sat. fat (gm):* 2.5
- *Cholesterol (mg):* 48.2
- *Sodium (mg):* 261
- *Protein (gm):* 12.7
- *Carbohydrate (gm):* 34.7

White Chocolate Cheesecake

12 servings

- Almond Crush Crust (recipe follows)
- 2 packages (8 ounces each) fat-free cream cheese, softened
- 1 ¼ cups sugar
- 1 cup fat-free sour cream
- 3 eggs
- ¼ cup lemon juice
- 1 tablespoon grated lemon rind
- 2 teaspoon ground nutmeg
- Pinch salt
- 6 ounces white baking chocolate, melted

1st Step: Make Almond Crunch Crust; sprinkle over bottom of greased 9-inch springform pan.

2nd Step: Beat cream cheese in large bowl until fluffy; beat in sugar, sour cream, eggs, lemon juice, lemon rind, vanilla, nutmeg, and salt. Mix in chocolate.

3rd Step: Pour batter into crust; bake at 325 degrees until cheesecake is almost set in the center, 1 to 1 ¼ hours. Cool on wire rack. Refrigerate 8 hours or overnight.

Almond Crunch Crust (makes about 1/3 cup)

- ¼ cup wheat-barley cereal (Grape-Nuts)
- 2 tablespoons sugar
- 2-3 tablespoons chopped almonds

Combine all ingredients in food processor or blender; process until finely ground. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 266
- *% Calories from fat:* 23
- *Fat (gm):* 6.7
- *Sat. fat (gm):* 3.8
- *Cholesterol (mg):* 58.6
- *Sodium (mg):* 266
- *Protein (gm):* 9.8
- *Carbohydrate (gm):* 40.7

Cappuccino Cheesecake

12 servings

- Mocha Crumb Crust (recipe follows)
- 2 cups 1% low-fat cottage cheese
- 2 eggs
- 2 egg whites
- 2 packages (8 ounces each) fat-free cream cheese softened
- 1 ¼ cups reduced-fat sour cream
- 1 ¼ cups sugar
- 1/3 cup all-purpose flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 3 tablespoons instant espresso powder
- 3 tablespoons warm water
- Light whipped topping as garnish
- Chocolate-covered coffee beans, as garnish

1st Step: Make Mocha Crumb Crust, pressing mixture on bottom and 1 inch up side of 9-inch springform pan. Bake at 350 degrees until set, about 8 minutes.

2nd Step: Process cottage cheese, eggs, and egg whites in food processor or blender until smooth. Beat cream cheese in large bowl until fluffy; beat in cottage cheese mixture, sour cream, sugar flour, spices, and salt. Dissolve espresso powder in warm water and add to cheese mixture.

3rd Step: Pour batter into crust. Bake at 300 degrees until cheesecake is almost set in the center, 60 to 70 minutes. Turn oven off; cool cheesecake in oven with door ajar, 1 hour. Cool on wire rack. Refrigerate 8 hours or overnight.

4th Step: Garnish cheesecake with whipped topping and coffee beans.

Mocha Crumb Crust

- 1 ¼ cups graham cracker crumbs
- 2 tablespoons sugar
- 2 tablespoons unsweetened cocoa
- 2 teaspoons instant espresso powder
- ½ teaspoon ground nutmeg
- 3 tablespoons margarine, melted
- 1-2 tablespoons honey

Combine all ingredients. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 310
- *% Calories from fat:* 27
- *Fat (gm):* 9.3
- *Sat. fat (gm):* 3.7
- *Cholesterol (mg):* 48.9
- *Sodium (mg):* 531

- *Protein (gm): 15*
- *Carbohydrate (gm): 41.7*

Chocolate Chip Cheesecake

16 servings

- Shortbread Crust (recipe follows)
- 2 cups 1% low-fat cottage cheese
- 2 eggs
- ¼ cup fat-free milk
- 2 packages (8 ounces each) fat-free cream cheese, softened
- 1 cup granulated sugar
- ¾ cup packed dark brown sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 cup reduced-fat semisweet chocolate morsels
- 2 tablespoons chopped walnuts
- ¾ cup chocolate-flavored syrup

1st Step: Roll shortbread Crust between two sheets of waxed paper to 1/8 inch thickness; cut into 11-inch circle. Reserve and refrigerate scraps. Ease pastry into 10-inch springform pan; press onto bottom and ½ inch up side of pan; pierce bottom of pastry with fork. Bake at 400 degrees until lightly browned, 8 to 10 minutes; cool on wire rack.

2nd Step: Process cottage cheese, eggs, and milk in food processor or blender until smooth. Beat cream cheese in large bowl until fluffy; beat in cottage cheese mixture, sugars, vanilla and salt. Mix in chocolate morsels.

3rd Step: Roll pastry scraps on floured surface to 1/8 inch thickness; cut into 2-inch-wide strips. Press strips to inside of pan, covering side and sealing to bottom crust.

4th Step: Pour batter into crust, sprinkle with walnuts. Bake at 350 degrees until cheesecake is almost set in the center, 50 to 60 minutes. Cool on wire rack. Refrigerate 8 hours or overnight. Serve with chocolate-flavored syrup.

Shortbread Crust

- 1 ¼ cups-all purpose flour
- ½ cup powdered sugar
- Pinch salt
- 5 tablespoons cold margarine, cut into pieces
- 1 egg, lightly beaten
- 1 teaspoon vanilla

1st Step: Combine flour, sugar, and salt in medium bowl. Cut in margarine until mixture resembles coarse crumbs. Mix in combined egg and vanilla with fork, stirring just until mixture forms a dough.

2nd Step: Form dough into a ball; flatten slightly and wrap in plastic wrap. Chill 1 hour or longer before using.

3rd Step: Roll and bake as recipe directs. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 340*
- *% Calories from fat: 24*

- *Fat (gm): 9.4*
- *Sat. fat (gm): 5.1*
- *Cholesterol (mg): 43.3*
- *Sodium (mg): 373*
- *Protein (gm): 11*
- *Carbohydrate (gm): 56.1*

Marble Mint Cheesecake

12 servings

- Chocolate Cookie Crumb Crust (recipe follows)
- 1 teaspoon mint extract
- 1 package (8 ounces) fat-free cream cheese, softened
- ½ cup sugar
- 2 eggs
- 1 tablespoon green crème de menthe, or 1 teaspoon mint extract
- 1 cup fat-free sour cream
- 1 cup reduced-fat semisweet chocolate morsels
- ½ cup chocolate-flavored syrup
- 2-3 drops green food color
- 6 chocolate-covered thin mints, halved

1st Step: Make Chocolate Cookie Crumb Crust, adding mint extract, and pressing evenly onto bottom and side of 9-inch pie pan. Bake as directed.

2nd Step: Beat cream cheese in large bowl until fluffy; beat in sugar, eggs, crème de menthe, and sour cream.

3rd Step: Melt chocolate morsels and chocolate syrup in small saucepan over medium heat, stirring constantly until smooth. Remove from heat and stir in ¾ cup cheese mixture. Add green food color to remaining cheese mixture.

4th Step: Alternately spoon chocolate and mint mixtures into crust; swirl with knife. Bake at 350 degrees until center is almost set, about 30 minutes. Cool on wire rack. Refrigerate 4 hours or overnight. Top with chocolate-covered thin mints.

Chocolate Cookie Crumb Crust

- 1 ¼ cups chocolate cookie crumbs
- 2 tablespoons sugar
- 3 tablespoons margarine, melted
- 1-2 tablespoons honey

1st Step: Mix cookie crumbs, sugar, and margarine in bottom of 8 to 9-inch pie pan; add enough honey for mixture to stick together. Press evenly on bottom and side of pie pan.

2nd Step: Bake at 350 degrees 6 to 8 minutes. Cool on wire rack. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 331
- *% Calories from fat:* 29
- *Fat (gm):* 11.2
- *Sat. fat (gm):* 6.2
- *Cholesterol (mg):* 37
- *Sodium (mg):* 307
- *Protein (gm):* 7.1
- *Carbohydrate (gm):* 54

Chocolate Swirl Cheesecake

12 servings

- Chocolate Cookie Crumb Crust (see previous recipe)
- 1 carton (16 ounces) 1% low-fat cottage cheese
- 2 packages (8 ounces each) fat-free cream cheese, softened
- 1 package (8 ounces) reduced-fat cream cheese, softened
- 1 ¼ cups sugar, divided
- 2 eggs
- 1 teaspoon vanilla
- ¼ cup unsweetened cocoa
- 4 egg whites
- ¼ teaspoon cream of tartar
- Light whipped topping, as garnish
- Chocolate curls, as garnish

1st Step: Make Chocolate Cookie Crumb Crust, pressing mixture evenly onto bottom and ½ inch up side of 9-inch springform pan.

2nd Step: Process cottage cheese in food processor or blender until smooth. Beat cream cheese in large bowl until smooth; beat in cottage cheese, 1 cup sugar, eggs, and vanilla, blending well. Pour ½ of the mixture into medium bowl; stir in cocoa.

3rd Step: Using large clean bowl and beaters, beat egg whites and cream of tartar to soft peaks; beat to stiff peaks, adding remaining ¼ cup sugar gradually. Mix ¼ of the egg whites into cocoa mixture; fold remaining egg whites into plain cheese mixture.

4th Step: Pour plain cheese mixture into crust; spoon large dollops of chocolate mixture over and swirl together with a knife. Bake at 325 degrees until almost set in the center, 40 to 50 minutes. Cool on wire rack. Refrigerate 8 hours or overnight.

5th Step: Garnish slices with whipped topping and chocolate curls. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 313
- *% Calories from fat:* 29
- *Fat (gm):* 10
- *Sat. fat (gm):* 3.9
- *Cholesterol (mg):* 49
- *Sodium (mg):* 630
- *Protein (gm):* 15.1
- *Carbohydrate (gm):* 40.4

Turtle Cheesecake

12 servings

- Brownie Crust (recipe follows)
- $\frac{3}{4}$ package (14-ounce size) caramels (about 35)
- $\frac{1}{4}$ cup fat-free milk
- 2 packages (8 ounces each) fat-free cream cheese, softened
- $\frac{1}{2}$ cup sugar
- 2 eggs
- $\frac{1}{4}$ cup fat-free sour cream
- Caramel Glaze (recipe follows)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup pecan halves

1st Step: Make Brown Crust

2nd Step: Heat caramels and milk in small saucepan over medium-low heat until melted, stirring occasionally. Pour caramel over Brownie Crust, spreading evenly. Refrigerate until caramel is cold, about 20 minutes.

3rd Step: Beat cream cheese and sugar in medium bowl until well blended. Beat in eggs, 1 at a time, beating well after each addition; mix in sour cream.

4th Step: Pour batter over caramel. Place pan on cookie sheet and bake at 350 degrees 45 minutes or until center is almost set. Run sharp knife around side of pan to loosen cheesecake; cool on wire rack. Refrigerate 8 hours or overnight.

5th Step: Remove side of pan; place cheesecake on serving plate. Pour Caramel Glaze over top of cheesecake; top with pecan halves.

Brownie Crust

- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{3}$ cup packed light brown sugar
- $\frac{1}{3}$ cup reduced-fat semisweet chocolate morsels, melted
- 3 tablespoons margarine, melted
- 1 egg

1st Step: Mix all ingredients in medium bowl until blended; spread evenly in bottom of greased 9-inch springform pan.

2nd Step: Bake at 350 degrees until firm to touch, 13 to 15 minutes; cool on wire rack.

Caramel Glaze (makes about 1 cup)

- $\frac{1}{2}$ package (14-ounce size) caramels (about 25 caramels)
- $\frac{1}{3}$ cup fat-free milk

Heat caramels and milk in small saucepan over medium-low heat until melted, stirring occasionally. Let stand, stirring occasionally, until thickened enough to spread, 5 to 10 minutes. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 356
- *% Calories from fat:* 22

- *Fat (gm): 9*
- *Sat. fat (gm): 3.3*
- *Cholesterol (mg): 56.2*
- *Sodium (mg): 279*
- *Protein (gm): 9.6*
- *Carbohydrate (gm): 63.1*

Strawberry Spectacular Cheesecake

14 servings

- Graham Cracker Crumb Crust (Recipe Follows)
- 2 packages (8 ounces each) reduced-fat cream cheese, softened
- 2 packages (8 ounces each) fat-free cream cheese, softened
- 1 cup sugar, divided
- 2 tablespoons flour
- ½ teaspoon salt
- 2 egg yolks
- 1 tablespoon lemon juice
- 5 egg whites
- ½ teaspoon cream of tartar
- 2 pints small strawberries
- ½ cup currant jelly, melted

1st Step: Make Graham Cracker Crumb Crust, using 10-inch springform pan.

2nd Step: Beat cream cheese until fluffy in large bowl; beat in $\frac{3}{4}$ cup sugar, flour, and salt. Add egg yolks and lemon juice, beating well.

3rd Step: Using large, clean bowl and beaters, beat egg whites and cream of tartar to soft peaks; beat to stiff peaks, adding remaining $\frac{1}{4}$ cup sugar gradually. Mix $\frac{1}{4}$ of the egg whites into cheese mixture; fold cheese mixture into remaining egg whites.

4th Step: Pour filling into crust. Bake at 30 degrees until center of cheesecake is almost set, 50 to 60 minutes. Turn oven off; cool cheesecake in oven 2 hours, with door ajar. Refrigerate 8 hours or overnight.

5th Step: Remove side of pan; place cheesecake on serving plate. Arrange strawberries on cheesecake, pointed ends up. Melt jelly; brush or drizzle over strawberries.

Graham Cracker Crumb Crust

- 1 $\frac{1}{4}$ cups graham cracker crumbs
- 2 tablespoons sugar
- 3 tablespoons margarine, melted
- 1-2 tablespoons honey

1st Step: Combine graham cracker crumbs, sugar, and margarine in 8 or 9-inch pie pan; add enough honey for mixture to stick together. Pat mixture evenly on bottom and side of pan.

2nd Step: Bake at 350 degrees 8 to 10 minutes or until edge of crust is lightly browned. Cool on wire rack. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 301*
- *% Calories from fat: 32*
- *Fat (gm): 11*
- *Sat. fat (gm): 5*
- *Cholesterol (mg): 48.2*
- *Sodium (mg): 508*
- *Protein (gm): 10.5*

- *Carbohydrate (gm): 40.3*

Luscious Lemon Cheesecake

12 servings

- Lemon Custard (recipe follows)
- Sesame Crumb Crust (recipe follows)
- 2 packages (8 ounces each) fat-free cream cheese, softened
- 1 package (8 ounces each) reduced-fat cream cheese, softened
- ½ cup sugar
- ½ cup fat-free sour cream
- ½ teaspoon salt
- 1 tablespoon grated lemon rind
- Sesame seeds, as garnish

1st Step: Make Lemon Custard and chill.

2nd Step: Make Sesame Crumb Crust, pressing mixture evenly on bottom and ½-inch up side of 10-inch springform pan. Bake at 350 degrees until browned, about 8 minutes.

3rd Step: Beat cream cheese until fluffy in large bowl; beat in sugar, sour cream, and salt. Beat in chilled Lemon Custard.

4th Step: Spoon filling into crust, spreading evenly. Sprinkle with lemon rind and sesame seeds. Refrigerate until set, about 4 hours.

Lemon Custard (makes about 2/3 cups)

- ½ cup sugar
- 2 tablespoons cornstarch
- 1/3 cup lemon juice
- 2 eggs
- 1 tablespoon, grated lemon rind

1st Step: Mix sugar and cornstarch in small saucepan; whisk in lemon juice. Whisk over medium heat until mixture boils and thickens, about 1 minute.

2nd Step: Whisk about ½ the lemon mixture into eggs; whisk egg mixture into lemon mixture. Whisk in lemon rind. Cook over low heat, whisking constantly, 1 to 2 minutes. Cool; refrigerate until chilled, 1 to 2 hours.

Sesame Crumb Crust

- 1 ¼ cups dry bread crumbs, or vanilla wafer crumbs
- 3-4 tablespoons toasted sesame seeds
- 2 tablespoons sugar
- ¼ teaspoon ground cinnamon
- 3-4 tablespoons margarine, melted
- 1-2 tablespoons honey, or light corn syrup

1st Step: Combine all ingredients, adding enough honey for ingredients to stick together. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories*: 272
- *% Calories from fat*: 30
- *Fat (gm)*: 3.4
- *Sat. fat (gm)*: 47.2
- *Cholesterol (mg)*: 47.2
- *Sodium (mg)*: 498
- *Protein (gm)*: 11
- *Carbohydrate (gm)*: 36.2

Raspberry Cheesecake

14 servings

- Lemon Cookie Crumb Crust (see Ricotta Cheesecake recipe)
- 2 cups fresh, or frozen, unsweetened raspberries
- 2 tablespoons sugar
- 2 packages (8 ounces each) fat-free cream cheese, softened
- 1 package (8 ounces) reduced-fat cream cheese, softened
- 1 can (14 ounces) low-fat sweetened condensed milk
- 3 eggs
- 1 teaspoon vanilla

1st Step: Make Lemon Cookie Crumb Crust in 10-inch springform pan, pressing evenly onto bottom and ½ inch up side of pan. Bake as directed.

2nd Step: Combine raspberries and sugar in small bowl. Set aside. Beat cream cheese in large bowl until fluffy, beat in remaining ingredients until smooth. Gently fold in raspberry mixture.

3rd Step: Pour mixture into crust; bake at 350 degrees until center is almost set, about 45 minutes. Cool. Refrigerate 8 hours or overnight. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories:* 235
- *% Calories from fat:* 27
- *Fat (gm):* 7.3
- *Sat. fat (gm):* 1.8
- *Cholesterol (mg):* 57
- *Sodium (mg):* 318
- *Protein (gm):* 10.4
- *Carbohydrate (gm):* 32.3

Strawberry Cream Cheese Squares

9 servings

- 1 ½ cups coarsely crushed pretzels
- 2-3 tablespoons margarine, melted
- 2-3 tablespoons light corn syrup
- 1 package (8 ounces) fat-free cream cheese, softened
- ½ cup sugar
- 2 cups light whipped topping
- 2 cups packages (3 ounces each) strawberry flavored gelatin
- 2 packages (10 ounces each) frozen sweetened strawberries, partially thawed

1st Step: Combine pretzels, margarine, and corn syrup; press mixture into bottom of greased 13x9-inch baking pan. Bake at 350 degrees until set, about 10 minutes. Cool on wire rack.

2nd Step: Beat cream cheese and sugar until smooth; fold in whipped topping. Pour mixture onto cooled crust. Refrigerate while preparing strawberry topping.

3rd Step: Pour boiling water over gelatin in large bowl; stir until dissolved. Add strawberries, stirring until thawed. Spoon strawberry mixture over cream cheese mixture. Refrigerate until set, about 4 hours. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 301*
- *% Calories from fat: 15*
- *Fat (gm): 5.3*
- *Sat. fat (gm): 2.6*
- *Cholesterol (mg): 2*
- *Sodium (mg): 465*
- *Protein (gm): 6.5*
- *Carbohydrate (gm): 57.7*

Chocolate Crinkles

4 ½ dozen cookies

- 8 tablespoons margarine, softened
- 1 ½ cups packed light brown sugar
- 1/3 cup reduced-fat sour cream
- 1 egg
- 1-2 ounces semi-sweet baking chocolate, melted
- 1 teaspoon vanilla
- 1 ¾ cups all-purpose flour
- ¾ cup unsweetened cocoa
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ cup granulated sugar

1st Step: Beat margarine and brown sugar in large bowl until fluffy. Mix in sour cream, egg, chocolate, and vanilla. Mix in combined flour, cocoa, baking soda, and cinnamon. Refrigerate, covered, 2 to 3 hours

2nd Step: Measure granulated sugar into pie or shallow bowl. Drop dough by tablespoons into sugar and roll into balls. (Dough will be soft.) Place cookies, on greased cookie sheets; flatten with fork or bottom of glass. Bake at 350 degrees until firm to touch, 10 to 12 minutes. Cool on wire racks. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 60*
- *% Calories from fat: 31*
- *Fat (gm): 2.1*
- *Sat. fat (gm): 0.6*
- *Cholesterol (mg): 4.5*
- *Sodium (mg): 49*
- *Protein (gm): 0.8*
- *Carbohydrate (gm): 9.8*

Glazed Chocolate Shortbread Squares

5 dozen cookies (1 per serving)

- 1 ½ cups all-purpose flour
- ¼ cups unsweetened cocoa
- 2/3 cup sugar
- ¼ teaspoon salt
- 8 tablespoons margarine, softened
- 1 egg
- 2 teaspoons vanilla
- Sugar Glaze (recipe follows)

1st Step: Combine flour, cocoa, sugar, and salt in medium bowl; cut in margarine with pastry blender or 2 knives until mixture resembles coarse crumbs. Mix in egg and vanilla, stirring just enough to form a soft dough.

2nd Step: Place dough in bottom of greased jelly roll pan, 15 x 10 inches. Pat and spread dough, using fingers and small spatula, until bottom of pan is evenly covered. Pierce dough with tines of fork.

3rd Step: Bake at 350 degrees until firm to touch, 20 to 25 minutes. Cool on wire rack. Drizzle Sugar Glaze over shortbread and cut into squares while warm.

Sugar Glaze (makes about 1 cup)

1 cup powdered sugar
1-2 tablespoons fat-free milk

Mix powdered sugar and enough milk to make glaze consistency. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 44*
- *% Calories from fat: 33*
- *Fat (gm): 1.6*
- *Sat. fat (gm): 0.3*
- *Cholesterol (mg): 3.6*
- *Sodium (mg): 29*
- *Protein (gm): 0.5*
- *Carbohydrate (gm): 6.8*

Frosted Cocoa Brownies

25 Brownies (1 per serving)

- 1 cup all-purpose flour
- 1 cup sugar
- ¼ cup unsweetened cocoa
- 5 tablespoons margarine, melted
- ¼ cup fat-free milk
- 1 egg
- 2 egg whites
- ¼ cup honey
- 1 teaspoon vanilla
- Sweet Cocoa Frosting (recipe follows)

1st Step: Combine flour, sugar, and cocoa in medium bowl; add margarine, milk, egg, egg whites, honey, and vanilla, mixing until smooth. Pour batter into greased and floured 8-inch square baking pan.

2nd Step: Bake at 350 degrees until brownies spring back when touched, about 30 minutes. Cool in pan on wire rack. Spread with Sweet Cocoa Frosting.

Sweet Cocoa Frosting (makes about ½ cup)

- 1 cup powdered sugar
- 2-3 tablespoons unsweetened cocoa
- 1 tablespoon margarine, softened
- 2-3 tablespoons fat-free milk

In small bowl, beat powdered sugar, cocoa, margarine, and enough milk to make spreading consistency. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 111*
- *% Calories from fat: 24*
- *Fat (gm): 3.1*
- *Sat. fat (gm): 0.6*
- *Cholesterol (mg): 8.6*
- *Sodium (mg): 42*
- *Protein (gm): 1.5*
- *Carbohydrate (gm): 20.4*

Caramel Apple Cookies

5 dozen cookies (1 per serving)

- ½ cup vegetable shortening
- 1 ¼ cup packed light brown sugar
- 1 egg
- ½ cup apple juice, divided
- 2 ¼ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup shredded, peeled apples
- ¾ cup golden raisins
- Caramel Frosting (recipe follows)
- 2 ½ -5 tablespoons finely chopped walnuts

1st Step: Beat shortening and brown sugar in medium bowl until blended; beat in egg. Mix in ¼ cup apple juice, combined flour, baking soda, salt, and spices; mix in remaining ¼ cup apple juice, apples, and raisins.

2nd Step: Drop dough by teaspoons, 2 inches apart, onto greased cookie sheets. Bake at 350 degrees until browned, 10 to 20 minutes. Cool on wire racks. Spread with Caramel Frosting and sprinkle each cookie with ¼ teaspoon walnuts.

Caramel Frosting (makes about ¾ cup)

- 2-3 tablespoons margarine, softened
- 1/3 cup packed light brown sugar
- 2 tablespoons water
- 1 ½ cups powdered sugar
- 2-4 tablespoons fat-free milk

Heat margarine, brown sugar, and water over medium-high heat in saucepan, stirring until sugar dissolves. Remove from heat; beat in powdered sugar and enough milk to make spreadable consistency; use immediately. If frosting begins to harden, return to low heat and stir in more milk. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 81*
- *% Calories from fat: 25*
- *Fat (gm): 2.3*
- *Sat. fat (gm): 0.5*
- *Cholesterol (mg): 3.5*
- *Sodium (mg): 39*
- *Protein (gm): 0.8*
- *Carbohydrate (gm): 14.5*

Campus Bars

30 bars (1 per serving)

- 2 ¼ cups graham crackers crumbs
- 1 can (14 ounces) fat-free sweetened condensed milk
- ½ cup reduced-fat semisweet chocolate morsels
- ½ can (3 ½ -ounce size) flaked coconut
- 1/3 cup chopped walnuts
- 2 teaspoons vanilla
- ¼ teaspoon salt

Mix all ingredients in bowl; press evenly in greased 11x7-inch pan. Bake at 350 degrees until set and browned, 20 to 30 minutes. Cool on wire rack. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 125*
- *% Calories from fat: 27*
- *Fat (gm): 4*
- *Sat. fat (gm): 1.8*
- *Cholesterol (mg): 0*
- *Sodium (mg): 74*
- *Protein (gm): 2.5*
- *Carbohydrate (gm): 20.9*

Mississippi Mud Bars

2 Dozen Bars (1 per serving)

- 5 tablespoons margarine, softened
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- 1 teaspoon vanilla
- 3 eggs
- 1 cup all-purpose flour
- 1/3 cup unsweetened cocoa
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 3 cups miniature marshmallows
- 1/3 cup chopped pecans
- ½ cup melted reduced-fat semisweet chocolate morsels

1st Step: Beat margarine, sugars, and vanilla until blended; beat in eggs; 1 at a time. Mix in combined flour, cocoa, baking powder, and salt.

2nd Step: Pour batter into greased 13x9-inch baking pan. Bake at 325 degrees until toothpick inserted in center comes out clean, 18 to 20 minutes. Sprinkle top of cake with marshmallows and pecans; bake until marshmallows are lightly browned, 2 to 3 minutes. Cool on wire rack. Drizzle melted chocolate over marshmallows. Cut into bars. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 140*
- *% Calories from fat: 32*
- *Fat (gm): 5.2*
- *Sat. fat (gm): 1.9*
- *Cholesterol (mg): 26.6*
- *Sodium (mg): 81*
- *Protein (gm): 1.9*
- *Carbohydrate (gm): 22.9*

Apple Cranberry Bars

1 ½ dozen bars (1 per serving)

- 6 tablespoons margarine, softened
- ¾ cup packed light brown sugar
- 2 eggs
- 2 tablespoons honey
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 2/3 cup quick-cooking oats
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¾ teaspoon ground allspice
- ¼ teaspoon salt
- 1 cup finely chopped peeled apple
- ½ cup chopped dried cranberries
- Powdered sugar, as garnish

1st Step: Beat margarine and brown sugar until well blended in large bowl; beat in eggs, honey, and vanilla. Mix in combined flour, oats, baking powder, baking soda, allspice, and salt. Mix in apple and cranberries.

2nd Step: Pour batter in greased 8 or 9-inch square pan. Bake at 350 degrees until wooden pick inserted in center comes out clean, 35 to 40 minutes. Cool on wire rack; sprinkle with powdered sugar. Enjoy!

Nutritional Facts (Per Serving)-

- *Calories: 137*
- *% Calories from fat: 30*
- *Fat (gm): 4.6*
- *Sat. fat (gm): 1*
- *Cholesterol (mg): 23.6*
- *Sodium (mg): 126*
- *Protein (gm): 2*
- *Carbohydrate (gm): 22.2*

Conclusion

I hope you found all recipes in this cookbook easy to prepare and delicious! As an added bonus, you can also add clear mixing **Miracle Fiber** to all the recipes above.

Miracle Fiber is clear mixing, flavor free, non-thickening, and 100% natural. It also instantly dissolves in warm food and will help you with your diet. You should be able to find this product at your local vitamin shop, or online. Here's a picture of what it looks like below:



This product can help:

- Maintain a blood cholesterol level that's already in normal range.
- Maintain blood glucose levels already in normal range.
- Increase magnesium and calcium absorption.
- Promote intestinal health.
- Immune system support.
- Promote regulation of appetite.

I use this product all the time, and it's amazing. Miracle Fiber is tasteless, so it won't ruin any of the recipes in this book.

Thank you for taking the time to read this book. If you enjoyed it, please take 30 seconds to **leave a quick review on Amazon**. I would greatly appreciate it!

Have a wonderful day, and stay healthy!

-Sarah C. Steward



Bonus Tips For Women ONLY!

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