



Recipes

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LEMON RICOTTA CHEESECAKE

Ingredients:

- 1 cup non-fat Greek yogurt
- 1 cup light ricotta cheese
- 2 packages of gelatin
- 2 tablespoons lemon peel (or less)
- 3 tablespoons of lemon juice
- 7 or 8 packages of sweetener or to taste or can substitute sugar to taste

Directions:

- Whip 1 cup non-fat Greek yogurt
- Add 1 cup light ricotta cheese and whip for 4 – 5 mins
- Soften 2 packages of gelatin in $\frac{1}{4}$ cup cold water and heat to dissolve
- Add gelatin mixture to cheese
- Add 2 tablespoons of lemon peel (or less) and 3 tablespoons of lemon juice
- Add sweetener or sugar

FOR GRAHAM CRACKER NO BAKE PIE SHELL

Ingredients:

- $\frac{3}{4}$ cup graham cracker crumbs
- $\frac{3}{4}$ cup ground almonds
- $\frac{1}{4}$ cup melted butter or Becel margarine
- 1 package sweetener (or 2 teaspoons of sugar)

Directions:

Mix together graham cracker crumbs, ground almonds and melted butter or Becel margarine. Add 1 package sweetener (or 2 teaspoons of sugar), then press into pie pan and chill for at least 2 hours.