

Low-Fat Orange Dream Cheesecake

www.KraftRecipes.com

Servings: 8

1 box Honey Maid graham crackers
2/3 cup boiling water
1 package (.3 ounce) JELL-O
orange flavor sugar-free gelatin
1 cup 2% low-fat cottage cheese
1 tub (8 ounce) Philadelphia fat-free
cream cheese
2 cups Cool Whip Free whipped
topping, thawed

Preparation Time: 15 minutes

Sprinkle the graham cracker crumbs onto the bottom of an eight- or nine-inch springform pan sprayed with cooking spray.

In a bowl, add the boiling water to the gelatin mix. Stir for 2 minutes until completely dissolved. Cool for 5 minutes.

Pour the gelatin into a blender. Add the cottage cheese and cream cheese. Blend well.

Pour the mixture into a large bowl. Whisk in the whipped topping. Pour into the prepared pan. Smooth the top.

Refrigerate for four hours or until firm.

When ready to serve, run a knife around the rim of the pan to loosen the cake. Remove the rim.

Garnish with fresh mint sprigs and thin orange slices just before serving.

Start to Finish Time: 4 hours 15 minutes

You can substitute a nine-inch pie plate for the springform pan

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: .

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
------------------	---	------------------	-----

% Calories from Fat:	0.0%
% Calories from Carbohydrates:	0.0%
% Calories from Protein:	0.0%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	0g
Dietary Fiber (g):	0g
Protein (g):	0g
Sodium (mg):	1mg
Potassium (mg):	0mg
Calcium (mg):	trace
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 0g	
<hr/>	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.