

Cheesecake Recipe



Recipe provided by Strive for Wellness®

Ingredients:

For the crust:

1 cup crushed graham crackers*
2 tbsp nonfat plain Greek yogurt
2 tbsp unsweetened cocoa powder

*Equal to 8 graham cracker sheets

For the filling:

8-oz block of Greek yogurt cream cheese
2/3 cup granulated sugar
2 cups nonfat plain Greek yogurt
2 large eggs*
1 tbsp vanilla extract

**May substitute ½ cup liquid egg whites

Cooking Tools:

8-inch spring form pan
Nonstick cooking spray
Oven
Strainer
Fork/pastry cutter
2 small mixing bowls
1 large mixing bowl
Electric mixer
Spatula
Cooling rack
Plastic wrap
Refrigerator

Directions:

1-2 Hours Before:

1. Using a strainer, remove excess liquid from 2 cups Greek yogurt. Allow to sit for 1-2 hours.
2. Set out the Greek yogurt cream cheese and eggs to bring to room temperature.

Crust:

1. Preheat the oven temperature to 325 degrees Fahrenheit.
2. Spray the interior of the spring form pan with nonstick cooking spray. Set pan aside.
3. Using a fork or pastry cutter, combine crushed graham crackers with 2 tbsp Greek yogurt and cocoa powder until an even crumb forms.
4. Press crust ingredients onto bottom and sides of spring form pan.
5. Place pan into preheated oven (325 degrees Fahrenheit) and bake for 8 minutes.
6. Remove pan from oven. Set aside and allow to cool to room temperature.
7. Reduce the oven temperature to 300 degrees Fahrenheit.

Cheesecake:

1. Beat the Greek yogurt cream cheese and sugar together on high speed for about 2 minutes, until well creamed.
2. Add the strained Greek yogurt and vanilla extract and beat until well blended.
3. Add the eggs and beat on medium-low speed until blended.
4. Pour filling into the prepared crust.
5. Place into preheated oven (300 degrees Fahrenheit) on middle rack and bake for 30 minutes.
6. Turn off the oven. Leave the cheesecake in the oven with the door closed for an additional 30 minutes.
7. Crack the oven door open. Let the cheesecake cool in the oven with the door cracked open for another 30-60 minutes.
8. Place cheesecake on cooling rack for 1-3 hours before refrigerating.
9. Cover cheesecake loosely with plastic wrap and refrigerate for 12-24 hours before serving.