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BLUEBERRY CHEESECAKE: HAVE IT YOUR WAY

Losing weight? There are many ways to do it—and you *can* do it! Whatever dieting plan you choose, an occasional “safe” treat makes eating right more fun and may even help you stick to your diet and reach your goal. When cheesecake sounds especially tempting, think of **Blueberry Cheesecake**, made to fit into the weight-loss plan that works for you.

If you’re losing weight the lower-carb way, you’ll enjoy **Blueberry Cheesecake for Carb Counters**, which weighs in at 13 grams of carbohydrate per slice. Or, if you’re on a low-cal diet, enjoy a slice of **Blueberry Cheesecake for Calorie Counters** with only 152 calories and 4.5 grams of fat. Compare those numbers to a traditional, New York-style cheesecake that packs as much as 500 calories, 38 grams of carbs and 34 grams of fat per slice!

Cut the carbs or the calories and either way, your luscious, creamy cheesecake is a sensational treat with its flavorful blueberry topping. Sweeten the sauce with sugar or with non-nutritive sweetener—again, your choice! In both cases, of course, juicy, delicious blueberries contribute health benefits we all need.

Blueberries have been called “the miracle berry” and with good reason. Virtually fat free, they contribute just 40 calories and 10 grams carbohydrate per half-cup to any recipe. And that’s only the beginning. Blueberries contain powerful antioxidants that may help protect against cellular damage that can lead to diseases such as cancer, heart disease and Alzheimer’s.

For buckets of blueberry recipes and highlights of blueberries’ health benefits, visit www.blueberry.org.

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BLUEBERRY CHEESECAKE FOR CALORIE COUNTERS

- 3 tablespoons graham cracker crumbs
- 2 containers (6 ounces each) low-fat vanilla yogurt
- 1 cup fat-free cottage cheese
- 4 ounces fat-reduced cream cheese
- 1 tablespoon cornstarch
- 1/2 cup egg substitute
- Blueberry Sauce, recipe follows

Preheat oven to 350°F. Spray bottom and side of a 9-inch pie plate with vegetable cooking spray; sprinkle with graham cracker crumbs, and tilt to coat evenly. Place a coffee filter or two layers of paper towels in a strainer; stir 1 container of the yogurt and spoon it into the filter; set aside to drain, stirring occasionally, about 30 minutes. Meanwhile, in a food processor, blend the remaining container of yogurt, cottage cheese, cream cheese and cornstarch until smooth. Add the eggs and pulse until combined. Carefully pour into the crumb-coated pie plate; smooth top. Bake until set in the center, about 30 minutes. Meanwhile, prepare the Blueberry Sauce. When pie is set, spread the drained yogurt over the top; bake 5 minutes longer. Cool to room temperature on a wire rack. Chill until cold. Serve with Blueberry Sauce.

Blueberry Sauce: In a medium-size saucepan, over medium heat, stir 2 cups fresh or frozen blueberries with 2 tablespoons sugar (or granulated non-nutritive sweetener) and 1 tablespoon each lemon juice and water until berries are soft, about 5 minutes; chill.

YIELD: 8 portions

Per portion, including 1-1/2 tablespoons blueberry sauce: 152 calories; 19 g carbohydrate; 4.5 g total fat (2.6 g saturated fat); 1 g fiber

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BLUEBERRY CHEESECAKE FOR CARB COUNTERS

2 tablespoons dry breadcrumbs *
3 packages (8 ounces each) cream cheese
2 eggs
2 tablespoons milk
2/3 cup granulated non-nutritive sweetener
1 tablespoon vanilla extract
Sour Cream Topping, recipe follows
Blueberry Sauce, recipe follows

Preheat oven to 375°F. Spray bottom and side of a 9-inch pie plate with vegetable cooking spray; sprinkle with breadcrumbs and tilt to cover evenly. In a large bowl, with an electric mixer, beat cream cheese, eggs, milk, granulated sweetener and vanilla until smooth. Carefully pour into crumb-coated pie plate; smooth top. Bake until set in the center, 18 to 20 minutes; cool 10 minutes. When pie is set, spread the Sour Cream Topping over the top; bake 7 minutes longer. Cool to room temperature on a wire rack. Chill until cold. Serve with Blueberry Sauce.

Sour Cream Topping: In a small bowl, stir 1 cup sour cream, 1/4 cup granulated non-nutritive sweetener and 1/2 teaspoon vanilla extract.

Blueberry Sauce: In a medium-size saucepan, over medium heat, stir 2 cups fresh or frozen blueberries with 2 tablespoons granulated non-nutritive sweetener and 1 tablespoon each lemon juice and water until berries are soft, about 5 minutes; chill.

YIELD: 8 portions

* Note: Breadcrumbs are optional. If made without breadcrumbs, subtract 1 gram carbohydrate per portion.

Per portion, including 1-1/2 tablespoons blueberry sauce: 413 calories; 13 g carbohydrate; 36 g total fat (22 g saturated fat); 1 g fiber

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[CAPTION]

Choose your favorite Blueberry Cheesecake! Make it low-calorie or lower-carb—either way, it's a winner.

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Please credit the U.S. Highbush Blueberry Council

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