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Creative Blueberry Cheesecake

Ingredients

- 1 cup graham cracker crumbs
- 1/4 cup ground flax seeds
- 1/4 cup raw oat bran
- 1 oz fat-free cream cheese, warmed in microwave
- 1/3 cup water
- 2 cups lowfat cottage cheese
- 1/2 package (52 g) powdered Jell-O instant pudding, cheesecake flavor
- 3 oz. fat-free cream cheese
- 3 scoops strawberry whey protein powder
- 1 cup frozen blueberries and 4 tablespoons granulated Trans-Plex Sweet-n-Up (*see option 2 below before adding these at this stage)

Directions

1. To make the crust, mix crust ingredients in a large bowl.
2. Stir this mixture until it is all the same consistency, then press into a 9-inch pie pan sprayed with Pam, stretching the crust up the sides of the pan.
3. For the rest of the cake, put the other ingredients in a blender.
4. Blend on high until smooth and creamy.