

No Bake Low-Calorie Orange Cheesecake

This dessert delivers classic cheesecake satisfaction with a healthier nutritional profile.



INGREDIENTS

(Makes 14 Servings)

Gelatin	20g
Orange juice	390ml
Sugar, granulated	160g
Egg yolks, 6	100g
U.S. Milk, low-fat	50g
U.S. Ricotta Cheese	700g
U.S. Cream Cheese, low-fat	400g
Vanilla	15ml
Orange Zest	6g
Egg whites, 6	160g
Vanilla cookie crumbs	360ml
U.S. Butter	75ml
Mandarin oranges	For garnish
Orange coulis	For garnish
Mint	For garnish

NUTRITIONAL CONTENT

Per 100g

Calories	228kcal
Total Fat	13g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	78mg
Total Carbohydrates	21g
Dietary Fiber	1g
Sugars	9g
Protein	8g
Calcium	139mg
Magnesium	11mg
Phosphorus	121mg
Potassium	126mg
Sodium	170mg
Iron	1mg
Vitamin A	397IU
Vitamin C	10mg

PREPARATION

1. **Sprinkle gelatin over orange juice to soften. Set aside.**
2. **Combine sugar, egg yolks and milk in a pan over medium heat. Stir constantly until mixture is thickened.**
3. **Remove egg mixture from heat and stir in gelatin mixture until incorporated. Refrigerate about 30 minutes, until mixture is lightly thickened.**
4. **In a separate bowl beat ricotta and cream cheese, vanilla and orange zest until light and fluffy.**
5. **Stir chilled gelatin mixture into cheese mixture.**
6. **Beat egg whites until peaks form and fold into cheese mixture.**
7. **Melt butter in medium pan and mix in vanilla wafer crumbs, cool, and divide into individual greased spring form pans.**
8. **Press crust down, spoon in cheese mixture and refrigerate 40 minutes or until set.**
9. **Garnish with mandarin orange slices, orange coulis and mint, if desired.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.