

## RED, WHITE, & BLUE MINI CHEESECAKE



### INGREDIENTS:

- 2 scoops GLAM PRO Breakfast in Bed
- 2 cups fat-free ricotta
- 1/2 cup low fat cream cheese
- 2 eggs
- 1 Gelatin packet
- 1/2 cup hot water

### Topping\*

- 1/4 cup frozen berries
- 1/2 tsp Xanthan gum
- 1 packet 0-calorie sweetener

\*For 1 Cheesecake

### DIRECTIONS:

- 1) Preheat oven to 350 F
- 2) Line a muffin pan with muffin liners and lightly spray with cooking spray
- 3) In a food processor add ricotta and cream cheese. Pulse until both are just mixed, don't over mix!
- 4) Mix in eggs and GLAM PRO. Stir until well combined.
- 5) In a separate container add 1/2 cup boiling water. Mix in gelatin slowly as you stir. Ensure there are no clumps
- 6) Stir gelatin into cheese mixture. The batter will be on the thinner side, it's perfect!
- 7) Bake for 30 minutes. After 30 minutes, cheesecakes will still jiggle, that's OK. Allow them to cool on the counter for ~30 minutes
- 8) After cooled refrigerate covered for at least an hour
- 9) Storage: covered in the refrigerator for up to 1 week
- 10) Topping: Microwave berries for ~30 seconds. Use a fork to mash berries and mix rest of topping ingredients.
- 11) Add topping and enjoy!

Makes 12 | Serving Size 1 Mini Cheesecake w/ Topping  
Calories: 112 | Protein: 9 gm | Carbs: 12 gm | Fat: 3 gm