

Individual Ricotta Cheesecakes

Makes 10

These yummy treats can be flavored any number of ways, even as a savory morning snack.

- 6 ounces reduced fat cream cheese (Neufchatel type), room temperature
- $\frac{3}{4}$ cup part skim milk ricotta cheese
- 1 teaspoon vanilla extract
- 1 teaspoon freshly grated lemon peel OR 1 teaspoon freshly grated ginger
- 2 tablespoons honey
- 3 egg whites

Preheat oven to 350 degrees. Line a muffin tin with 10 paper liners. In a large bowl, whisk together the cream cheese, ricotta, vanilla, lemon peel and honey until well combined. In a separate bowl, beat the egg whites until they are somewhat stiff and form soft peaks. Gently fold the egg whites into the cheese mixture. Divide evenly between the muffin cups and place on a middle rack in the oven. Bake for 15 – 18 minutes until set. Remove from the oven. They will be puffed up but will fall as they cool. When the cheesecakes have cooled, place in an airtight container and refrigerate for 2 hours or overnight.

Optional: Before refrigerating, top each with a sliced strawberry, blueberries or $\frac{1}{2}$ teaspoon of all-fruit jam.

