



Blueberry Cheesecake Bars





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Crust:

- 1 cup graham cracker crumbs (9-10 graham cracker sheets)
- 3 tablespoons unsalted butter, melted
- 3 tablespoons unsweetened applesauce

Topping:

- 11/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)
- 1. Preheat oven to 300 degrees F.
- **2.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 3. Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.

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- **4.** Bake for 12 minutes. Remove from the oven and set aside.
- **5.** Increase the oven temperature to 350 degrees F.
- **6.** In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
- **7.** Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
- 8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
- **9.** Store in the refrigerator.

Makes 16 servings Serving size: 1 bar Cost per recipe: \$7.42 Cost per serving: \$0.46

Nutrition facts per serving:

110 calories; 5g total fat; 2.5g saturated fat: Og trans fat: 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

Source:

Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

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