



HEALTHIER BLUEBERRY CHEESECAKE BARS

A healthier treat that's both tart and sweet with a golden graham cracker crust.

INGREDIENTS

Prep Time: 15 minutes

Cook Time: 32 minutes

Servings: 2

For the crust:

9 graham crackers

4 tablespoons butter, room temperature

For the bars:

8 oz cream cheese

1/2 cup plain greek yogurt

1/4 cup honey

1 large egg white

1 teaspoon vanilla extract

1 tablespoon fresh lemon juice

1 cup fresh blueberries

DIRECTIONS

1. Preheat the oven to 350°F and spray an 8×8-inch pan with non-stick cooking spray.
2. Next, place graham crackers and butter into a food processor and process everything together until the mixture turns into a crumble (about 3-4 minutes).
3. Pour the graham cracker crumble into the 8×8-inch pan and press it into the bottom of the pan until it is evenly spread out.
4. Bake the crust for 7 minutes at 350°F and then remove from the oven.
5. Wash and dry the food processor and then place the cream cheese, greek yogurt, and honey into the food processor. Blend all of the ingredients together until smooth.
6. Scrape the sides of the bowl with a spatula and then add the egg white, vanilla, and lemon juice. Blend until smooth.
7. Finally, add blueberries to the food processor and blend until the blueberries are pureed and the mixture turns blue (about 1-2 minutes).
8. Pour the blueberry cream cheese mixture over the graham cracker crust. Spread the mixture evenly over the crust.
9. Place the bars in the oven and bake for 25-30 minutes.
10. Remove from the oven and let the cheesecake bars cool for at least 30 minutes.

***This recipe is owned by Emilie Richter at fitfoodiefinds.com