

Quest Chocolate Raspberry Brownie Cheesecakes

Prep time: 10 mins

Cook time: 15 mins

Total time: 25 mins

Serves: 1

Ingredients

- 1 Brownie Quest Bar
- 2 tbsp. light cream cheese (or non-fat)
- 2 tbsp. plain, non-fat Greek yogurt
- 1 tbsp. liquid egg white
- ¼ tsp. vanilla extract
- 10 of Raspberry Chocolate flavored Sweet Leaf liquid Stevia (you may want to add more of less, depending on how sweet you prefer your cheesecake)

Instructions

1. Preheat oven to 350 degrees
2. Combine all ingredients (except Quest bar) in mini food processor or whisk thoroughly with fork if you don't have one.
3. Heat Quest bar in microwave for 20sec.
4. Divide bar into 3 silicone cupcake liners in cupcake tin, pressing into bottom.
5. Spoon batter evenly on top of your Quest "crust".
6. Bake for approx. 15 mins. Cheesecakes should be firm when ready but not yet browned on top.
7. Let cool and enjoy!
8. Note: You can double or triple the recipe and keep the extra in the freezer. Just let them sit out for a few minutes or pop in the microwave to enjoy later!
9. Nutritional facts (for entire recipe, 3 cheesecakes): calories: 281, 27g carb, 12g fat, 29g protein

