



## Freezy Blueberry Cheesecake Cups



1/6 of recipe (1 cheesecake cup): 120 calories, 5.5g total fat (4g sat. fat), 125mg sodium, 14g carbs, 0.5g fiber, 8g sugars, 3g protein

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**Prep:** 10 minutes

**Freeze:** 3 hours



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### Ingredients

1/2 cup whipped cream cheese  
1/2 cup fat-free plain Greek yogurt  
3 packets natural no-calorie sweetener  
1 tsp. vanilla extract  
1/8 tsp. salt  
1 1/2 cups light whipped topping (thawed from frozen)  
3/4 cup [freeze-dried blueberries](#), divided  
2 graham crackers (1/2 sheet), finely crushed  
Optional topping: fresh blueberries

### Directions

In a large bowl, combine cream cheese, yogurt, sweetener, vanilla extract, and salt. Mix well. Add thawed whipped topping, and mix until uniform. Fold in 1/2 cup freeze-dried blueberries.

Distribute mixture among the cups of a [6-cup silicone muffin pan](#) (or 6 cups of a 12-cup muffin pan), and smooth out the tops. Top with remaining 1/4 cup freeze-dried blueberries and crushed graham crackers. Lightly press to adhere.

Lightly cover with foil and freeze until firm, at least 3 hours.

If needed, allow to thaw and soften just slightly before eating.

MAKES 6 SERVINGS

**HG Tip:** To ensure smooth sides, after you fill the silicone muffin pan with cheesecake mixture, give the pan a couple gentle drops on the counter until air bubbles stop rising to the top. (This is a great tip for any recipe where you're freezing a fairly thick liquid base.)

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