



## ***New York Cheesecake Spread***

**You can eat it with a spoon! But control yourself, please! It is delectable on quick breads, bagels, English muffins and low fat graham crackers. Do not substitute sugar for NutraSweet. Sugar will break down the fat free cream cheese and turn it into liquid. This spread keeps well in the refrigerator. It's always nice to have on hand for breakfast or a snack.**

<b>Ingredients</b>	<b>Per-Serving Nutritional Data</b>
<ul style="list-style-type: none"> <li>• 8 ounce package fat free cream cheese</li> <li>• 6 .035 ounce packets NutraSweet</li> <li>• 1/4 teaspoon freshly grated orange rind</li> <li>• 1/4 teaspoon freshly grated lemon rind</li> <li>• 1/2 teaspoon vanilla extract</li> </ul>	<ul style="list-style-type: none"> <li>• Servings per recipe: 8</li> <li>• Per serving:</li> <li>• Calories: 30</li> <li>• Total Fat: 0g</li> <li>• Saturated Fat: 0g</li> <li>• Percentage of Calories from Fat: 0%</li> <li>• Cholesterol: 0mg</li> <li>• Sodium: 170mg</li> <li>• Carbohydrates: 2g</li> <li>• Protein: 4g</li> </ul>

**Place all ingredients in the bowl of an electric mixer and beat on medium high speed until smooth and fluffy. Serve or store in sealed container in refrigerator. Yields approximately 1 cup of spread.**