

# Skinny Cranberry Swirl Cheesecake

I had originally intended to make this as a crust-less cheesecake, but decided to do something a little different instead. The result is a very loose crust- it doesn't stick together (you could possibly add butter or coconut oil as a binder, but that would change the nutrition facts).

## Crust:

1 cup Fiber One cereal  
1 T flax seed  
1/4 cup Pumpkin Flax Granola (from Costco)

Blend until a fine powder, mix with 2 T water (or sugar-free Torani syrup- I used the "gingerbread" flavor for mine).

Press into a 9" pie plate and set aside.

## Cheesecake:

8 oz low fat cream cheese  
1/4 cup Splenda  
1/2 teaspoon vanilla extract  
3/4 cup nonfat plain Greek yogurt  
2 eggs  
1 tablespoon flour

Mix all ingredients together until smooth.  
Pour into pie crust.

## Topping:

*(I used leftover cranberry sauce from Christmas! But you can make your own fresh topping- basically it's 1 cup of cranberries, 1/4 cup of sugar and 1/2 cup of water- bring to boil and then simmer)*

Pour the topping over the pie crust, leaving areas without topping so you can "swirl" them together.

Bake in oven at 350-degrees for 25-minutes.  
Let cool.  
Refrigerate before serving for best results.



## Nutrition Facts

Serving Size 96 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 139	Calories from Fat 22
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.7g	<b>4%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 44mg	<b>15%</b>
<b>Sodium</b> 217mg	<b>9%</b>
<b>Total Carbohydrates</b> 25.3g	<b>8%</b>
Dietary Fiber 5.0g	<b>20%</b>
Sugars 14.7g	
<b>Protein</b> 7.8g	
Vitamin A 7%	Vitamin C 6%
Calcium 14%	Iron 9%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

## Nutritional Analysis

### Good points

- High in dietary fiber
- High in phosphorus