

MINI BLUEBERRY CHEESECAKES

INGREDIENTS

1 cup graham cracker crumbs

¼ cup unsalted butter, melted

16 oz low-fat cream cheese

6 tablespoons white sugar

2 tablespoons all purpose flour

1 teaspoon lemon zest

1 egg

3 egg whites

½ cup plain low-fat yogurt

1 tablespoon vanilla extract

1 tablespoon **no sugar added** raspberry jam

1 cup frozen blueberries

1 tablespoon lemon juice

PREPARATION

- 1** Preheat oven to 350°F. Prepare muffin tins with muffin liners.
- 2** In a mixing bowl, combine graham crumbs with melted butter. Place approximately 1 tablespoon of graham crumb mixture in the lined muffin tins, and press down. Bake for 5-10 minutes or until crumbs have set and are lightly browned.
- 3** In a mixing bowl, blend together cream cheese, sugar, flour, and lemon zest to a smooth consistency. Scrape down the sides of the mixing bowl to minimize lumps. Add the egg, egg whites, yogurt, and vanilla to combine. Do not overmix.
- 4** Divide the cheesecake mixture between 12 lined muffin tins. Bake for 15-20 minutes or until the cheesecake is firm to the touch. (*Do not over bake or cheesecakes will crack!*)
- 5** In a saucepan, heat raspberry jam, frozen blueberries, and lemon juice. Simmer until the blueberries begin to break down and become saucy.
- 6** Allow both the cheesecakes and sauce to cool before applying the blueberry topping.
- 7** Divide the topping among the cakes. Refrigerate until ready to serve.

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Nutrient Analysis

PER SERVING	
1 Mini Cheesecake	
Renal/Diabetic exchanges:	
1 Lower-Potassium Fruit + 2 Fat	
Calories	202Kcal
Protein	6g
Total Carbohydrate	19g
Fiber	1g
Sugars	13g
Fat	11g
Saturated	6g
Cholesterol	48mg
Sodium	203mg
Potassium	168mg
Phosphorus	102mg
Calcium	89mg
Iron	1mg
Magnesium	11mg
Vitamin C	1mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Blueberries

Fruits should be incorporated regularly into your kidney diet. Fruits rich in color give your body fiber, carbohydrates and a variety of vitamins and minerals. Blueberries are one “Power Food” that you should regularly eat. The color of blueberries comes from anthocyanidins, a powerful antioxidant that research has shown to be beneficial to reduce inflammation and support heart, bone, brain health.

A one-cup portion of blueberries is low in sodium, potassium and phosphorus. These berries are also packed with vitamin C, vitamin K, manganese and fiber making this food an excellent choice to include at any meal. Try using blueberries as a topping for breakfast pancakes or waffles. Add as part of a low potassium fruit salad or a sandwich topper for lunch. Create a delicious dinner by using blueberries as a sauce on poultry, pork or beef. If you are short on time, grab a handful to take with you for a quick and healthy snack.

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