Individual No-Bake Strawberry Cheesecakes
Makes 3 servings

Ingredients:
½ cup Light Cream Cheese, at room temperature
2 Tablespoons Vanilla or Plain Yogurt
2 tsp Confectioner's Sugar
½ tsp Vanilla Extract
4 tablespoons Graham cracker crumbs
2 tsp Melted butter
2 tsp Sugar
4-6 each Strawberries, clean and chopped

Instructions:
1. Measure all ingredients
2. Combine gram cracker crumbs, sugar, and melted butter in a bowl and mix well. Then press into cupcake liners or small bowls.
3. Put cream cheese, sour cream, sugar, vanilla in a medium bowl and whisk together until fluffy.
4. Portion into individual containers over the gram cracker mix and serve with chopped strawberries.

Nutritional facts:

Calories: 225  Fat: 15 g  Carbohydrate: 10 g  Protein: 2.7 g  Fiber: 1.7g  Cholesterol: 5 mg