

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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 graham 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 graham 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