

## **Berry Cheesecake Cups**

Serving Size: 1 muffin cup

Serves: 8

### **Ingredients**

2 sheets phyllo dough, thawed  
¼ cup fat free sour cream  
3 tablespoons skim milk  
1 tablespoon sugar  
3 packets sugar substitute  
½ teaspoon vanilla extract  
4 ounces fat free cream cheese  
1 cup frozen blueberries or raspberries  
or fresh East Texas blackberries

### **Directions**

Preheat oven to 350. Spray 8 2½ inch nonstick muffin cups with cooking spray. Spray both sides of the phyllo dough with nonstick cooking spray. Quickly cut each sheet of dough into 16 equal square pieces making 32 pieces in all. Press 4 phyllo squares into each cup so that the corners overlap in the bottom of the cup. The edges of each cup can be shaped to resemble spring flower petals. Bake 4 minutes or until golden. Cool in pan on wire rack. In a medium mixing bowl, cream together sour cream, milk, sugar, sugar substitute, vanilla, and cream cheese until smooth. Gently remove the phyllo cups from the pan. Spoon 2 tablespoons of the cheesecake mixture into each cup. Top with 2 tablespoons of berries.

### **Exchanges per serving:**

½ Carbohydrate Choice

### **Nutrients per serving:**

Calories: 52  
Calories from fat: 5  
Total Fat: 1g  
Saturated Fat: 0g  
Cholesterol: 2mg  
Sodium: 132mg  
Carbohydrate: 9g  
Dietary Fiber: 1g  
Protein: 3g