

Lemon Cheesecake

Here is a healthy alternative to a very rich desert that is easy to make and modify to suit your taste. The crumb crust can be made from graham crackers, granola or cookie crumbs... take your pick. And the topping can be your choice of fresh fruit... thickened or just freshly sliced or diced.

- 2 pkgs of Firm Low-fat Mori-Nu Tofu**
- 2 teaspoons vanilla**
- 1 teaspoon dried lemon zest or the zest from one fresh lemon**
- ½ teaspoon salt**
- 4 T. Emes Lemon Kosher Jel**
- 1 cup water, boiling**
- ¼ cup raw cashews, thoroughly washed**
- ½ cup sugar**

Blend smooth 1 box (1-½ cup) of tofu with vanilla, salt and lemon zest and then empty into a bowl.

Put next box of tofu, Kosher Jel, sugar, cashews and hot water into blender and blend until smooth and creamy.

Stir two batches of tofu together in bowl and spoon over your favorite crumb crust in an 8x8 pan. Chill overnight to firm.

Serve with a chilled fruit topping. Enjoy!

NutritionFacts	
per serving makes 8 servings	
Amount per serving	
Calories	227
Calories from fat	92
% Daily Value *	
Total Fat 10.2g	16%
Saturated Fat 1.6g	8%
Cholesterol 0mg	0%
Sodium 161mg	7%
Total Carbohydrate 18.2g	6%
Dietary Fiber 2.5g	10%
Protein 15.6g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
40.5% of calories from Fat 32% from Carbohydrates 27.5% from Protein	