

Cheesecake Sandwiches

Ingredients:

- 2 boxes sugar free gelatin (*color suggestions)
- 1 8-oz low fat cream cheese (softened)
- 1 8-oz tub sugar free whipped cream (thawed)
- 1 Tbsp Stevia or Nectresse
- 1 tsp vanilla

** Red and green gelatin for the December holidays; red and blue gelatin for Memorial Day and July 4th ; green and green for Saint Patrick's day*

Directions:

1. In clear glass bowl or clear oblong dish, make one box of sugar free gelatin following package directions. Chill until firm.
2. Whip together softened cream cheese, whipped cream, sugar substitute, and vanilla, until smooth.
3. Spread on top of firm gelatin layer, chill.
4. Make 2nd box of sugar free gelatin following package directions, cool before pouring on top of cream cheese filling.

Recipe Source: One summer I was wanting something cool and inviting for my July 4th, and this is what I developed. It is a family favorite.

Shared by: Angela M. Augsburger

Registered Dietician Notes:

Calories: 37
Protein: 1.6 g
Carbohydrate: 5 g
Fat: 1.4 g
Sat Fat: 1.4 g