**Note:** We tested with Whey Low 100% All Natural Granular Sweetener and Gold Brown Sugar Sweetener. This variation is slightly more dense and has a chewier texture, but it’s equally delicious.

**PER COOKIE:** Calories 58, Fat 3.1g (Sat 1.5g, Mono 1g, Poly 0.4g), Protein 1.1g, Carb 12.7g; Fiber 0.5g, Chol 3.5mg, Iron 0.4mg, Sodium 60mg; Calc 5mg.

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**Lemon-Cheesecake Bars**

**MAKES 8 SERVINGS**

**HANDS-ON TIME:** 20 MIN.  
**TOTAL TIME:** 9 HR., 35 MIN.

Use fresh orange juice and zest instead of lemon for a different flavor profile.

**BUTTER CRUST**

- ¾ cup butter, softened
- ¼ cup firmly packed dark brown sugar
- ¾ tsp. salt
- ¼ tsp. ground mace or nutmeg
- 1 cup all-purpose flour
- Vegetable cooking spray

**LEMON FILLING**

- 1 cup 1% low-fat cottage cheese
- 1 cup granulated sugar
- 2 Tbsp. all-purpose flour
- 1 Tbsp. lemon zest
- 2 Tbsp. fresh lemon juice
- ¼ tsp. baking powder
- 1 large egg
- 1 egg white

**GARNISH**

- Lemon rind curl

**1.** Preheat oven to 350°. Prepare Crust: Beat first 4 ingredients at medium speed with an electric mixer until smooth. Add 1 cup flour, beating at low speed until well blended. Press mixture on bottom of an 8-inch square pan coated with cooking spray.

**2.** Bake at 350° for 20 minutes.

**3.** Meanwhile, prepare Filling: Process cottage cheese in a food processor 1 minute or until smooth, stopping to scrape down sides as needed. Add granulated sugar and next 6 ingredients, and process 30 seconds or until well blended. Pour filling over prepared crust.

**4.** Bake at 350° for 25 minutes or until set. (Edges will be lightly browned.) Cool 30 minutes. Cover and chill 8 hours. Cut into bars. Garnish, if desired.

**TRY THIS TWIST!**

**Reduced-Sugar Lemon-Cheesecake Bars:** Substitute brown sugar sweetener for brown sugar and granular sweetener for granulated sugar.

**Note:** We tested with Whey Low 100% All Natural Gold Brown Sugar Sweetener and Granular Sweetener.

**PER BAR:** Calories 289, Fat 8.9g (Sat 5.2g, Mono 2.6g, Poly 0.5g), Protein 6.2g, Carb 47.1g, Fiber 0.5g, Chol 45.1mg, Iron 1.1mg, Sodium 262mg, Calc 76mg.

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**The Best Sugar Substitute**

As a dietician, I've always been looking for new products that are not only better for you, but also taste good—especially when it comes to sugar substitutes. The search is over. I found a sugar substitute that tastes exactly like the real thing. It's called Whey Low, an all-natural blend of crystalline fructose (fruit sugar), lactose (milk sugar), and sucrose (table sugar). Here's the exciting part—it has about 75% fewer calories than regular sugar! I love it in my coffee (no aftertaste), and it substitutes perfectly in these desserts. Look for it at natural food markets, or order online at wheylow.com. It's a bit pricey but well worth the splurge. —BY SHANNON SLITTER SATTERWHITE, M.S., R.D.