



# Chocolate Chip Cheesecake Bars

Prep: 10 minutes | Cook: 35 minutes | Chill: 3 hours 20 minutes | Total: 4 hours 5 minutes

Yield: 8 servings | Serving Size: 1 bar

## Ingredients

- ⅓ cup graham cracker crumbs (from about 3 full crackers)
- 1 tablespoon unsalted butter, melted
- 4 ounces reduced-fat cream cheese (Neufchatel), softened to room temperature
- ⅓ cup nonfat plain Greek yogurt
- 1 egg white
- 2 tablespoons sugar
- 1 tablespoon all-purpose flour
- ½ tablespoon lemon juice
- 1 teaspoon vanilla extract
- ¼ cup mini chocolate chips

## Directions

1. Preheat the oven to 350°F. Line the bottom and sides of a 7x4-inch rectangle baking pan with parchment paper, leaving an overhang of the paper on all sides. Set aside.
2. Add the graham cracker crumbs and melted butter to a small mixing bowl. Stir to combine.
3. Press the crumb mixture into the bottom of the prepared pan and bake for 8 minutes. Set aside, leaving the oven on.
4. In a medium mixing bowl, use an electric mixer to beat together the cream cheese, yogurt, egg white, sugar, flour, lemon juice, and vanilla until smooth, about 3-4 minutes.
5. Fold in the chocolate chips.
6. Pour the mixture into the pan with the crust and bake for 25 minutes, covering the pan with foil after 20 minutes.
7. Allow to cool at room temperature for 20 minutes, then set in the refrigerator to chill completely, at least 3 hours.
8. Lift out of the pan by the paper and slice into bars. Serve.

## Recipe Notes

- Store the cheesecake bars in a covered container in the refrigerator, up to 7 days.
- These cheesecake bars can be frozen up to 3 months. Thaw them overnight in the refrigerator before serving.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 5 g | Saturated Fat: 2.5 g  
Sodium: 170 mg | Total Carbohydrate: 18 g | Dietary Fiber: 1 g | Protein: 11 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)