



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Berry Cheesecake Dessert

Prep Time: 15 mins

Total Time: 15 mins

Ingredients

- 2 ounce(s) cream cheese, fat-free
- 1/4 cup(s) cheese, ricotta, low-fat
- 1 tablespoon sugar
- 1/4 teaspoon orange peel, finely shredded
- 2 teaspoon orange juice
- 1 1/2 cup(s) raspberries
- 2 cookies, gingersnap, or chocolate wafer cookies, broken

Recipe Tip:

Chill 4 to 24 hours.

Preparation

1. In a medium mixing bowl combine cream cheese, ricotta cheese, sugar, orange peel, and orange juice. Beat with an electric mixer on medium speed until smooth. Cover and chill for at least 4 hours or up to 24 hours.
2. To serve, spoon the fruit into dessert dishes. Top with the cream cheese mixture and sprinkle with the broken cookies.