

Apple Cheesecake

Prep Time: 10 Min **Total Time:** 10 Min
Serves 1

Ingredients

- 3/4 cup 1% Cottage Cheese
- 1 Gala Apple
- 1/2 tsp. Cinnamon
- 1/2 tsp. Vanilla
- 1 pkg Stevia (Krisda, Sweet Leaf, etc)
- 1 Tbsp. Walden Farms Caramel Sauce
- 1 Melba Toast, crushed

Instructions

- 1 Mix all ingredients, except for the Melba, in a blender until well blended.
- 2 Pour into a bowl and sprinkle with crushed Melba toast.
- 3 Enjoy!!!

team victory / spray it away <http://sprayitaway.ca/>