

ENTERTAINING IDEAS

Double Raspberry Cheesecake: A Favorite Fruit In A Favorite Dessert

(NAPSA)—Need to entertain but don't have the time to tackle a whole meal? Invite folks for dessert and coffee and wow them with an easy-on-you, awe-inspiring special.

A cheesecake flavored with red raspberries and topped with a raspberry sauce can make you a star, and for very little time or money. Convenient frozen raspberries are a flavor bargain all year-round.

Thanks to state-of-the-art freezing, we can enjoy top-quality raspberries from Washington (the top raspberry-growing state in the country) all year long. The picky picky growers there harvest only the best berries at their peak of perfection. They freeze them individually for you to pick from the freezer section in handy bags and then pour out to use in smoothies, muffins, pancakes, salads, desserts and more.

Folks love raspberries! In a recent poll, consumers picked raspberries as one of the top two of their favorite fruits—second only to strawberries. Nutrition experts love raspberries, too—they are high in antioxidants, an excellent source of vitamin C, provide 22 percent of the daily value for fiber, 6 percent of folic acid, 41 percent of manganese and 12 percent of vitamin K, all for just 60 calories a cup, and with no sodium, no cholesterol and no saturated or trans fats.

Raspberry Cheesecake Supreme

Makes 16 servings

For a special occasion or meal



Frozen raspberries can be part of many special creations, such as a luscious cheesecake.

ender, nothing impresses like or tastes as great as a cheesecake. This intensely raspberry cheesecake is surprisingly easy. You start with individually quick frozen raspberries from Washington state, which means you can have that fresh-from-the-field raspberry flavor anytime of the year. Frozen raspberries are picked at the peak of perfection and are reasonably priced. And take a look at that calorie count!

- 2 cups graham cracker, chocolate wafer or shortbread cookie crumbs**
- 2 tablespoons sugar**
- ½ cup butter, melted**
- 1 (12-ounce) bag individually quick frozen (IQF) raspberries**
- 3 (8-ounce) packages reduced-fat cream cheese, softened**
- 4 eggs**
- ½ cup sugar**
- 2 tablespoons flour**
- ¼ teaspoon salt**

Preheat oven to 375°F. Measure crumbs into 8- or 9-inch springform pan. Stir in sugar. Stir in butter until blended. Pat crumb mixture evenly over bottom and up sides of pan. Bake until just beginning to brown, 10 to 15 minutes. Remove from oven and set aside.

Meanwhile, process berries in food processor until finely chopped. Add cream cheese, eggs, sugar, flour and salt and process until smooth. Turn into crumb crust and spread evenly. Bake until firm at edges, about 1 hour to 1 hour 10 minutes. Top may crack slightly. Let cool completely on wire rack, then refrigerate several hours or overnight.

Nutrition Information per serving: calories 174, fat 9g, saturated fat 5g, percent calories from fat 47 percent, protein 4g, carbohydrates 20g, cholesterol 73mg, sodium 205mg, fiber 1g.

If desired, top with Raspberry Sauce:

- 1 (12-ounce) bag IQF raspberries**
- ½ cup sugar**
- 2 teaspoons cornstarch**

In medium saucepan, stir together sugar and cornstarch. Add berries. Over medium-high heat, cook, stirring occasionally, until berries thaw and mixture just comes to a boil and is slightly thickened. Let cool.

For more about nutrition and for more recipes, please visit www.red-raspberry.org.