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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

My Cherry Swirl Cheesecake Bake Contribution

By Kori Puckett

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Recently I participated in a local bake sale to raise money for the local animal shelter. I volunteered to bake a dessert, and I chose to do a couple of Cherry Swirl Cheesecakes.

I'm a very picky eater and have never been a fan of cheesecake, so I had to have my mother be my taste tester to see if I'd done an adequate job. She helped me by giving me a couple of pointers, and after a couple of tries I managed to bake two pretty good cheesecakes (or so my mom says).

Cherry Swirl Cheesecake

Vegetable cooking spray
1/4 cup graham cracker crumbs
1 (21-ounce) can cherry pie filling
1 teaspoon grated orange rind
2 (8-ounce) packages fat free cream cheese
1 (14-ounce) can low fat sweetened condensed milk
4 large egg whites
1 large egg
1/3 cup bottled lemon juice
1 teaspoon vanilla extract
1/2 cup unsifted all-purpose flour

Preheat oven to 300°. Spray bottom and sides of an 8-inch spring form pan with cooking spray. Sprinkle graham crumbs on the bottom of the pan.

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In electric blender or food processor container, puree cherry pie filling until smooth. Add the orange rind and set aside.

In mixer bowl, beat cheese until fluffy. Gradually beat in low fat sweetened condensed milk until smooth. Add egg whites, egg, bottled lemon juice, vanilla and mix well. Stir in the flour.

Pour half of batter in prepared pan. Spoon 1/2 cup cherry puree evenly over batter. Top with remaining batter. Drop by spoonfuls 1/2 cup cherry puree over batter; with knife or spatula gently swirl. Put remaining puree aside.

Bake 60 to 65 minutes or until center is set. Let it cool, then

chill it in the fridge. Serve with remaining puree if desired. Refrigerate any leftovers.

I was thinking of using fat free cream cheese for this cheesecake, but apparently that type of cream cheese makes the cheesecake kind of rubbery on the inside and chalky on the outside. The lower fat cream cheese makes the dessert harder and crumbly, so you're best using full fatty cream cheese for the best taste and texture.

Also make sure the ingredients, especially the cream cheese is at room temperature before you start mixing...not making sure of that was my first mistake. Otherwise, you'll end up with a lumpy Cherry Swirl cheesecake.

The bake sale itself went pretty well. We're planning on having another one soon, and I think the only thing we need to do better next time to draw more people is advertise a bit sooner and not have it at 2 pm on a Sunday afternoon :-).

This article provided by Kori Puckett, publisher of 300+ delicious, old fashioned, homemade dessert recipes at <http://www.VintageSweetTreats.com>.

Easy Blueberry (or Cherry) Cheesecake

By LeAnn R. Ralph

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This recipe is so easy that even my husband can do it. (His specialities are boxed mac-n-cheese, Ramen noodles and frozen pizza!)

Prep time: 20 minutes

Baking time: 55 minutes

Crust:

- 2 packages of graham crackers (18 "cracker sheets")
- 1/2 cup (1 stick) butter or margarine

Crush the graham crackers (I put 4 or 5 "cracker sheets" at a time into a sturdy plastic freezer bag and crush them with a rolling pin). Put cracker crumbs into a medium-sized bowl and pour melted butter/margarine over the crumbs. Mix thoroughly. Press into a 9x13 ungreased pan.

Batter:

- 8 ounces of cream cheese (softened)
- 1 egg
- 1 can (14 ounces) sweetened, condensed milk
- 3 tablespoons lemon juice
- 1 can (21 ounces) of blueberry or cherry pie filling

Use an electric mixer to beat the cream cheese and sweetened condensed milk until smooth (a minute or two). Add the lemon juice and egg and beat on high speed for another minute.

Pour the batter over the graham cracker crust. Drop the canned pie filling into the batter by spoonfuls at evenly-placed intervals.

Bake at 300 degrees for 55 minutes.

Allow to cool completely before cutting. Store in the refrigerator.

LeAnn R. Ralph is the author of the books *Christmas in Dairyland (True Stories from a Wisconsin Farm)* and *Preserve Your Family History (A Step-by-Step Guide for Writing Oral Histories)*. She is working on her next book *Give Me a Home Where the Dairy Cows Roam.* You are invited to order a book from Rural Route 2. You are also invited to sign up for LeAnn's FREE! monthly newsletter, Rural Route 2 News. Visit -- <http://ruralroute2.com>



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