



Chef Emy

HumaPro[®]

PROTEIN FOR HUMANS ONLY

Guilt-Free Cooking With HumaPro[®]

HUMAPRO[®] APPLE CIDER CHEESECAKE!

- 2 8 OZ. BARS OF CREAM CHEESE (ROOM TEMPERATURE)
- 1 PACKET UNFLAVORED GELATIN
- 1 CUP HOT WATER
- 3 SCOOPS HUMAPRO[®] APPLE CIDER
- 1 TSP VANILLA
- 10 INDIVIDUAL GRAHAM CRACKER CRUST TART TINS

ADD THE GELATINE TO THE HOT WATER, STIR UNTIL DISOLVED, LET STAND FOR 5 MINUTES. IF USING A HAND HELD MIXER USE THE LOWEST SPEED; MIX THE CREAM CHEESE ADDING THE VANILLA EXTRACT, THEN SLOWLY ADD THE WATER AND HUMAPRO[®].

SPOON INTO INDIVIDUAL GRAHAM CRACKER CRUST TART TINS & REFRIGERATE FOR AT LEAST 3-4 HOURS.

GARNISH WITH FRESH BERRIES IF YOU LIKE & ENJOY!!

NUTRITIONAL INFORMATION:	CALS	PROTEIN	CARBS	FAT
2 8 OZ. BARS OF CREAM CHEESE	1556	26.90	18.45	145.32
1 PACKET OF UNFLAVORED GELATIN	20	8	0	0
3 SCPS HUMAPRO [®] APPLE CIDER	15	Equivalent to 84gm	0	0
INDIVIDUAL GRAHAM CRACKER TARTS	110	1	15	5
TOTAL RECIPE	1701	119.9	18.45	145.32
10 SERVINGS; PER SERVING:	170.1	11.99	1.85	14.56