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MOCHA CHEESECAKE LIGHT FROM LHJ ONLINE <http://www.lhj.com>

Our heavenly version has only half the calories of this ordinarily sinfully-rich dessert.

Prep time: 25 minutes plus chilling

Baking time: 50 to 55 minutes

Degree of difficulty: easy

Low-fat

Low-calorie

Vegetable cooking spray

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CRUST

3/4 cup graham cracker crumbs

1/4 cup sugar

3 tablespoons unsweetened cocoa

1 large egg white, beaten

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FILLING

1 1/2 cups nonfat plain yogurt

1 tablespoon instant espresso powder

1/4 cup hot water

1 package (8 oz.) Neufchatel cheese, softened

1 package (8 oz.) nonfat cream cheese, softened

3/4 cup sugar

2 large eggs

3 large egg whites

1/4 cup all-purpose flour

1 teaspoon vanilla extract

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Chocolate curls, for garnish

1. Heat oven to 350°F. Lightly coat a 9-inch springform pan with vegetable cooking spray.

2. Make crust: Combine graham cracker crumbs, sugar, cocoa and egg white in bowl; pat over bottom of pan. Bake 8 minutes; cool.

3. Reduce oven to 325°F.