



# Five-Ingredient Chocolate Cheesecake Cups

---

Recipe Source: [www.skinnytaste.com](http://www.skinnytaste.com)  
Serves 12 (one cheesecake per serving)

## Ingredients:

- 1 oz semisweet baking chocolate
- 4 oz reduced-fat cream cheese, softened to room temperature
- ¼ cup sugar
- ¼ cup light sour cream or low-fat plain yogurt
- 1 large egg, room temperature
- 1/8 oz chocolate shavings (optional)

## Steps:

- Preheat oven to 225°. Line a mini muffin pan with mini muffin liners.
- Place chocolate in a microwave-safe bowl. Melt in microwave 30 seconds. Stir, then continue melting in 10-second increments until chocolate is smooth and melted. Set aside.
- In a medium mixing bowl, beat the cream cheese and sugar with a hand mixer. Add the sour cream and beat until smooth.
- Beat in the egg until well combined.
- With the mixer on, slowly drizzle in the melted chocolate and mix until smooth.
- Spoon about 2 Tbsp of the mixture into each muffin cup. Bake 50 minutes, then turn the oven off and let the cheesecakes sit in the oven 30 minutes longer. Remove from oven and let cool completely before serving.
- If desired, garnish with chocolate shavings.

*Tips from the Test Kitchen: If desired, add one teaspoon of vanilla when you mix in the eggs. You can use regular or Greek low-fat yogurt in place of the sour cream.*

**Nutritional Facts (per serving):** Calories: 61, Carbohydrates: 7 grams, Protein: 2 grams, Total Fat: 3 grams, Saturated Fat: 2 grams, Cholesterol: 22 mg, Sodium: 44 mg, Fiber: 0 grams, Total Sugars: 6 grams.