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Fruit-topped cheesecakes just right for a picnic

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Summer fruit in a miniature dessert could be a sweet ending for a meal, or a nice single-serving dessert for a picnic with friends.

These little cheesecakes are from "The Muffin Tin Cookbook," by Brette Sember with registered dietitian Melinda Boyd.

In the book, they use mini, regular and jumbo muffin tins to make miniature breakfast and dinner entrees, sides and desserts.

From "The Muffin Tin Cookbook" by Brette Sember (Adams Media, $17.95)

12 chocolate wafers

8 ounces light cream cheese

1 cup sugar

2 eggs

1/2 cup light sour cream

1/2 teaspoon vanilla

1 teaspoon orange zest

1/4 cup flour

Pinch of salt

For the topping:

1/2 cup light sour cream

4 tablespoons strawberry jam

6 large strawberries, cleaned, hulled and sliced

Preheat oven to 325 degrees.

Prepare 12 regular muffin cups with foil or silicone liners.

Place 1 wafer in the bottom of each cup.

Beat the cream cheese and sugar in a bowl on medium until smooth. Beat in eggs on medium until combined. Beat in sour cream, vanilla and zest on medium until combined. On low, beat in flour and salt until combined. Divide the mixture among the cups. Bake for 35 minutes or until cheesecake is set.

To make the topping: Stir sour cream and 2 tablespoons jam together in a small bowl. Spread on top of the cheesecakes and return to the oven for 5 more minutes. Remove from the oven and allow to cool. Melt the remaining two tablespoons jam in the microwave.

Fan the strawberry slices out on top of the cheesecakes and brush with melted jam.

Note: You can use blueberry jam and blueberries instead of strawberry jam and strawberries for a different flavor, or try using a gingersnap in place of the chocolate wafer.

Yield: 12 servings

Approximate nutrition per serving (from the book): 197 calories, 6.1 grams fat, 3.9 grams protein, 31.1 grams carbohydrate, .5 grams dietary fiber, 169 milligrams sodium.

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