

YOGHURT CHEESECAKE

INGREDIENTS

BASE:

250ml Almond Flour

100ml Desiccated Coconut

60ml Butter, melted

FILLING:

500ml Plain Yoghurt

250ml Cottage Cheese

100ml Xylitol

60ml Lemon Juice

2 Eggs

20ml Gelatine

METHOD

Preheat the oven to 180C.

BASE: Mix all the ingredients together, and press down into your dish. Be sure to use a medium sized glass or pyrex dish, as a baking pan will be too big and the ingredients will create a very flat cake.

FILLING: Melt the gelatine in a cup with 20ml of luke warm water. Blend all the ingredients together with a blender. Pour the filling over the base slowly then place in the oven and bake for 20 mins.

Switch off the oven and let the cheesecake cool down with the oven door open. Remove it from the oven and place it in the fridge to set for a further 2 hours.

