

Baked Cheesecake (grain and sugar free)

Ingredients

Crust:

- 200 grams ground almonds
- 30 grams of butter (melted)
- 2 tablespoons of xylitol
- Pinch of salt

Filling:

- 250 grams cream cheese (room temperature)
- 250 grams mascarpone cheese (you can use all cream cheese if you prefer)
- 175 ml sour cream
- 2 large eggs and 1 extra egg yolk
- 10 ml vanilla essence/extract
- 125ml xylitol
- 5 ml fresh lemon juice

Topping (optional):

- 200 grams blueberries or strawberries
- 50 grams xylitol
- You can also just use fresh berries to decorate.

Method:

1. Pre-heat oven to 140 degrees Celsius (120 degrees with fan)
2. Combine crust ingredients in a bowl.
3. Press the crust mixture into the bottom of a greased 18 cm spring-form pan
4. Beat all filling ingredients together until creamy and smooth.
5. Pour into pan on top of crust.
6. Place a roasting tin filled with hot water into the bottom of the oven.
7. Bake the cheesecake in the middle of the oven for 1 hour or until it is set but has a slight wobble when gently moved.
8. Remove from the oven, run a knife carefully around the edges and put straight in the fridge to cool for a few hours or overnight– this will stop it cracking.
9. Purée the blueberries with 50g of xylitol and pass through a sieve. Simmer rapidly for 5 minutes, stirring frequently until the purée is reduced and thick. Set aside to cool.
10. Serve the cheesecake with berry topping drizzled over and enjoy.

