

High Protein Cheesecake



SERVES 8 | 1 HOUR 40 MIN

INGREDIENTS

- 2 tbs butter
- ½ cup almond flour
- 1 tbs desiccated coconut
- 4 tbs xylitol, or sweetener of choice
- 500 g reduced fat cottage cheese
- 250 g greek yoghurt
- 60 g vanilla protein powder
- 1 egg and 2 egg whites
- 1 tsp vanilla essence
- 1 cup blueberries

METHOD

1. Preheat the oven to 170°C.
2. Melt the butter and combine it with the almond flour, coconut and 1 tbs of sweetener. Rub the ingredients together to form a dough and then press it into a 15 cm baking pan or deep baking sheet lined with baking paper. Bake for ten minutes until light brown and then set aside to cool.
3. Meanwhile, combine the cottage cheese, yoghurt, protein powder, eggs, vanilla essence and 2 tbs of sweetener in a bowl and mix well.
4. Pour the mix over the crust and bake for 30 minutes at 160°C.
5. Turn down the heat to 90°C and leave the cheesecake to bake for another 50 - 60 minutes.
6. Take the cheesecake from the oven and let it cool for three hours - do not touch it! Even better - stick it in the fridge.
7. Add the blueberries to a pot along with 1 tbs sweetener, a splash of water and a pinch of salt. Cook down to a gooey consistency and blitz in a blender.
8. Drizzle the berry compote over the cheesecake, slice and serve.

