STRAWBERRY CHEESECAKE

- 41g Soft cheese – PHILADELPHIA full fat
- 13g Double cream – MORRISONS
- 8g Strawberries
- 30g Egg whites
- 13g Egg yolks

You will also need 3g of NATVIA or TRUVIA sweetener and a few drops of lemon extract.

Pre heat oven to 180 c / fan 160 c / gas 4
Beat the egg yolk into the Philadelphia with the sweetener and lemon extract.
Whisk the egg white until stiff and fold into the cheese mixture.
Place in a greased spring form tin or silicone mould. I used a 4 inch tin and lined the base.
Bake in a pre heated oven for 20 minutes.
Turn off the oven and leave the cheesecake to cool inside with the door open.
When cold turn out and serve with the strawberries and cream.

Mo's tip: If you prefer not to use NatVia or Truvia, then 1 teaspoon of Hermesetas liquid will be OK. The strawberries could be mashed and mixed with the cream if preferred.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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