STRAWBERRY CHEESECAKE

- 50g Flaxseed, sunflower & pumpkin seeds – LINWOODS MILLED
- 100g Butter – unsalted
- 150g Ground almonds
- 240g Strawberries
- 140g Double cream
- 5g Gelatine leaf – DR OETKER SELECT PREMIUM GRADE
- 175g Soft cheese – PHILADELPHIA FULL FAT

You will also need some GRANULAR sweetener - I used 25g of SUKRIN GOLD – if you use TRUVIA you will probably only need approximately 20g. Also, you will need sweetener for the strawberries, if you use liquid sweetener 1 – 2 teaspoons should be enough.

Reserve 1 or 2 strawberries for decoration.  

For the Base:  Melt the butter gently, stir in the ground almonds, flax mix, and granular sweetener of choice. Place this in to an 8 inch greased loose bottom cake tin. Press the mixture over the base evenly and put in the fridge to set. Puree the strawberries in a food processor, with the liquid sweetener to taste, then blend in the Philadelphia. Soak the gelatine in COLD water for 5 minutes. Whisk the cream to SOFT peaks. When the gelatine is soft drain it well then warm it up in 20mls of HOT water, stir until fully dissolved. Turn on the food processor and drizzle the gelatine into the strawberry mixture, mixing well. Add this to the whipped cream, stirring gently to keep it as light as possible, when it is evenly mixed pour on to the base, return to the fridge to set – overnight is good. Before serving, remove from the tin carefully, decorate with the reserved, sliced strawberry.

Mo’s tip:  This is a good family sized recipe and will make 12 small portions.

If divided in to 12 portions each portion will give: 25g fat / 5g protein / 3g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

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