STRAWBERRY CHEESECAKE MOUSSE (USES RAW EGG)

- 250g Strawberries
- 140g Double cream
- 65g Egg whites
- 5g Gelatine leaf – DR OETKER SELECT PREMIUM GRADE
- 175g Soft cheese – PHILADELPHIA FULL FAT

You will also need 1 – 2 teaspoons of liquid sweetener depending on the sweetness of the strawberries.

Reserve 2 strawberries for decoration (optional).
In a food mixer puree the remaining strawberries.
Whip the cream to soft peaks.
Put the gelatine in COLD water to soak for 5 minutes, when soft drain then place in 20mls of HOT water, stir until fully dissolved.
Add the Philadelphia to the puree in the mixer and process until blended, with the mixer still running pour in the liquid gelatine.
Add this to the whipped cream, with the sweetener, stirring until fully combined.
Whisk the egg white until stiff and fold in to the strawberry mixture gently, but making sure it is evenly mixed in.
Pour in to a pretty dish and leave in the fridge to set
Decorate with the reserved sliced strawberry.

Mo’s tip: Weigh the mixture before you put it in the fridge then divide by 8 to get the weight of one portion, then weigh it out when serving.

This will make 8 portions each one giving: 13.6g fat / 3g protein / 3g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.
This recipe contains raw egg so is not suitable for all – Please check with your dietician.

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

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