STRAWBERRY CHEESECAKE  
(USES RAW EGG)

You will also need some sweetener and salt.

Reserve 1 strawberries for decoration.

**For the Base:** Melt the butter gently, stir in the ground almonds, ground flaxseed, a pinch of salt and sweetener of choice. (I used 25g SUKRIN GOLD). When it is well mixed, press in to an 8 inch greased loose bottom cake tin. Puree the strawberries in a food processor, then add the Philadelphia, blitz until mixed. Whisk the cream to soft peaks. Soak the gelatine in **COLD** water to soften. Separate the eggs, whisk the **YOLKS** with ½ teaspoon of liquid sweetener over a pan of hot water, taking care not to let the bowl touch the water. Whisk until thick and pale, this will take up to 10 minutes, add the soft gelatine leaves and stir to dissolve. Remove the bowl from the pan. Whisk the egg **WHITES** to stiff peaks and gradually whisk in 1 teaspoon of liquid sweetener. Mix the egg yolk in to the strawberry and Philadelphia mixture, **MIX WELL.** Next fold in the cream and lastly fold in the egg whites, pour over the base and place in the fridge to set – ideally leave overnight. To serve remove from the tin carefully, decorate with the reserved strawberry cut in to slices.

If divided in to 12 portions each portion will give: **26.4g fat / 6.2g 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 dietitian.

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**