

White Chocolate Cheesecake



Portions

6

Preparation time: 15 minutes

Chill time: 2 hours

Equipment needed

6 inch or 14cm spring bottom tin

Electric hand whisk

Baking parchment / greaseproof paper

Ingredients

Cheesecake base:

100g digestive biscuits, crushed

50g unsalted butter

Cheesecake filling:

50g white chocolate, melted

200g double cream

50g cream cheese, or Violife cream cheese

50g icing sugar

200g Alpro Simply Stir yoghurt

2 sheets of gelatine, soaked in cold water

Cheesecake topping:

20g grated white chocolate

Method

1. To make the base, grease and line a loose-bottomed tin with baking parchment.
2. Add the biscuit crumbs to a bowl, then pour over the melted butter. Mix thoroughly until the crumbs are completely coated.
3. Tip the crumbs into the prepared tin and press firmly down into the base to create an even layer. Chill in the fridge for 15 minutes to set firmly.
4. Melt the white chocolate in the microwave, checking continuously to ensure it doesn't burn.
5. Meanwhile, whisk the cream with the hand mixer until thickened. Then add the cream cheese, icing sugar and Alpro yoghurt and keep whisking until it holds its own shape.
6. Add the melted white chocolate and whisk until just combined.
7. Remove the gelatine sheet from the water and place in small bowl. Add a small amount of boiling water and dissolve.
8. Whisk the dissolved gelatine into the cheesecake mixture.
9. Spoon the cheesecake mixture over the cooled and set biscuit base, then smooth the top. Return to the fridge to cool for at least 2 hours until the topping is set.
10. Sprinkle grated white chocolate over the top.



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Nutritional information

Nutrients	Per portion	Per 100g
Calories (kcal)	438	362
Protein (g)	5	4.2
Sodium (mg/mmol)	118/5.1	97/4.2
Potassium (mg/mmol)	130/3.3	108/2.7
Phosphorus (mg)	74	61
Calcium (mg)	108	90

Always check with your dietitian or doctor that this recipe is suitable for you.

Dietitian's notes:
