

Chocolate Cheesecake



4:1 ratio

- **Preparation time:** 30 minutes
- **Cooking time:** 60 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	41.3g	39.9g LCT	
		1.4g MCT	
Protein	7g		
Carbohydrate	3.4g		
Energy (calories)	414kcal		



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Ingredients	Quantity	Your recipe
Gelatine	1g (½ leaf)	
Butter, melted	9g	
Plain biscuit, crumbled (contains MCTprocal®, see recipe)	20g	
K·Yo™ Chocolate	50g	
Double cream, whipped	12g	
Cream cheese, full fat	10g	
Greek yoghurt	5g	
Dark chocolate, grated e.g. Lindt 90%	1g	

Method:

1. In a bowl, add the gelatine and cover with cold tap water for 5 minutes.
2. In a separate bowl, add butter and the biscuit crumbs, and mix well.
3. Place a tall 7cm diameter cutter on a plate, pour in the biscuit crumbs, and press firmly down into the base to create an even layer. Chill in the fridge for 20 minutes to set firmly.
4. In a bowl, add K·Yo, double cream, cream cheese and Greek yoghurt, and mix well.
5. Remove the gelatine sheet from the water and place on a microwave-safe plate, cook in the microwave on high for 5 seconds or until dissolved.
6. Stir the gelatine into the K·Yo cheesecake mixture.
7. Add the K·Yo cheesecake mixture into the cutter on top of the biscuit base, chill in the fridge for 40 minutes to set firmly.
8. Remove the cutter and sprinkle grated chocolate over the top.



K·Yo™ and MCTprocal® are foods for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.