

# Baked Cheesecake



- Preparation time: 20 minutes
- Cooking time: 20 minutes
- Recipe makes 1 portion

*Recipe provides approximately:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	15g	45%	
LCT	13g	39%	
Protein	6g	8%	
Carbohydrate	6g	8%	
Energy (calories)	300kcal	100%	





# Baked Cheesecake

Ingredients	Quantity	Your recipe
<b>Base</b>		
Butter	3g	
Ground almonds	4g	
MCTprocal™	24g	
Water	5g	
Spray oil	1-2 sprays	
<b>Filling</b>		
Cream cheese e.g. Philadelphia full fat	16g	
Double cream	6g	
Egg, beaten	12g	
Vanilla essence	2g	
Liquid sweetener e.g. Hermesetas	1-2 drops	

## Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

## Base

2. Add butter, ground almonds and MCTprocal™ into a bowl, rub together with fingertips until a crumbly texture is achieved.
3. Add water and mix with spatula to form a dough like mixture.
4. Spray a 3-inch loose bottom mini flan tin with oil and press the mixture around the tin until evenly distributed.



## Filling

5. Mix cream cheese, cream, egg, vanilla essence and liquid sweetener to a smooth creamy paste.
6. Spread evenly over top of base and bake for 20 minutes.
7. Remove from oven and leave to cool.
8. Using the loose bottom, remove cheesecake.



## Serving Suggestions

**Always check with your dietitian what is suitable for you**

- Serve with cream/fruit
- Use a variety of essence flavours
- Drizzle with sugar-free Da Vinci Syrup

MCTprocal is a food for special medical purposes and must be used under medical supervision

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