

# Vanilla 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	40.8g	39.4g LCT	
		1.4g MCT	
Protein	6.9g		
Carbohydrate	3.0g		
Energy (calories)	407kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Gelatine	1g (½ leaf)	
Butter, melted	9g	
Plain biscuit, crumbled (contains <b>MCTprocal</b> <sup>®</sup> , see recipe)	20g	
<b>K·Yo</b> <sup>™</sup> Vanilla	50g	
Double cream, whipped	12g	
Cream cheese, full fat	10g	
Greek yoghurt	5g	

## 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 serve.



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

- Serve with berries e.g. blueberries, strawberries or raspberries.



**K·Yo**<sup>™</sup> and **MCTprocal**<sup>®</sup> 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.