

DAIRY – SUGAR – GLUTEN FREE CHEESE CAKE TART

This is one of my favourites dessert recipe. I don't bake too often as it is usually too messy and too time consuming, and I'm trying to avoid sweets in general ;-). This one however is quite easy and quick... and totally guilt free 😊



For the base:

100g of nuts (walnuts, hazelnuts) - milled in the food processor

70g of blanched almonds – milled

2 egg whites

0.5tbsp of Truvia (put adequately less if using pure stevia powder)

For the cheese part:

For dairy-free version use 450-500g silken tofu instead of regular cheese,

Otherwise;

250g of soft cheese (e.g. medium fat Philadelphia cheese)

250g of ricotta cheese

1 whole large egg

1tsp of vanilla essence (2tsp if you use tofu)

¼ glass of Truvia (35-40g) or pure stevia powder (3/4 tbsp.)

For the topping:

400g of berries of your choice (strawberries, blueberries, raspberries or mixed)

0.25tbsp of Truvia (put adequately less if using pure stevia powder) or agave syrup.

Depending on what type of sweetener or berries you use you may need more or less sweetener. Remember to taste your food 😊 It's better to put less and then add more if desired.

Heat the oven to 160 Celsius.

Beat the egg whites until stiff, add sweetener and beat again until the egg whites become stiff and glossy. Fold milled nuts and almonds in with spatula to obtain uniform consistency. Spread the nutty paste onto baking dish (22-25cm diameter) and bake for 5-8mins.

While base is in the oven; in a mixing bowl mix the cheese, egg, vanilla and sweetener with an electric whisk until all ingredients are well combine. Taste for sweetness. Top the pre-baked base with the cheese mass and put in the oven for 35mins at 180 Celsius. Once baked let it cool down for 20mins.

In the meantime cook the berries on a low heat with the sweetener for 10mins. Let it cool and then spread it over the cheese cake and put in the fridge for further cooling. After 2.5 to 3 hours the tart is ready to serve.