

Baked Cheesecake



2.3:1 ratio

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

Recipe provides approximately:

| Nutritional content | Quantity | | Your recipe/MKD exchanges |
|---------------------|----------|-----------|---------------------------|
| Fat | 25g | 12.5g LCT | |
| | | 12.5g MCT | |
| Protein | 6g | | |
| Carbohydrate | 5g | | |
| Energy (calories) | 269kcal | | |



Innovation in Nutrition
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Baked Cheesecake

| Ingredients | Quantity | Your recipe |
|--|------------|-------------|
| Base | | |
| Butter | 3g | |
| Ground almonds | 4g | |
| MCTprocal™ | 20g | |
| Water | 5g | |
| Spray oil | 1-2 sprays | |
| Filling | | |
| 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