

# Very Berry Cheesecake or Blue-forest cheesecake (as seen on Today Tonight)

Recipe from the Australian Healthy Cooking Guide

Serves 10

- 125g Arnotts Shredded Wheatmeal, crushed  
60g butter, melted  
1 tablespoon gelatine  
¼ cup hot water  
190g light cream cheese  
190g extra-light cream cheese  
½ cup Splenda  
375ml can low-fat evaporated milk  
1 teaspoon vanilla essence  
250g strawberries, halved  
1 packet diet raspberry jelly  
1 cup hot water
- 1 Lightly grease and line the base of a 22cm springform pan with baking paper. Put the biscuit crumbs and butter into a bowl and mix to combine.
  - 2 Press into base of the prepared tin and refrigerate until firm.
  - 3 Put the gelatine into a bowl, add the hot water and stir to dissolve, set aside to cool slightly.
  - 4 Put the cream cheese and Splenda into a bowl and beat using electric beaters until smooth.
  - 5 Add the evaporated milk, cooled gelatine and vanilla and beat until combined.
  - 6 Pour the mixture over crumb base and refrigerate for 1 hour or until set.
  - 7 Dissolve the jelly crystals in hot water and allow to cool, but not to set.
  - 8 Arrange the sliced strawberries over the top of set cheesecake, slowly pour over cooled jelly. Refrigerate until set.
- Variation: Can use frozen and defrosted berries as well as fresh and can use a variety of berries.*

## **ch00z to 100z** program

1 serve = 1 milk exchange,  
½ bread exchange, ½ fruit exchange and 1 fat exchange  
Per serve : 204 Calories 11.4g fat



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