

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.*

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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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