



Coconut crusted low carb lemon cheesecake

Did you even think there was such a thing? Of course you did! And this one is pretty quick to put together and got the seal of approval from heaps of taste testers. Still a treat, but one which isn't going to spike your blood sugar. Serves 12. Per serve: Cal: 230; Fat: 19.4g; Pro: 9.8g; Carbs: 2.9g

Serves: 12, Prep time: 00:15, Cook time: 00:45

Instructions

Pre heat oven to 170 degrees celcius. Line a round 23 inch baking tin (one with a removable bottom) with baking paper and grease it with coconut oil.

In a bowl, put the desiccated coconut and 1 teaspoon of the vanilla extract, mixing together thoroughly. In a separate bowl, separate the eggs and put the egg whites in with the coconut and vanilla. Mix together until well mixed. Transfer the coconut mixture to your baking dish and press into tin, and up the sides of the dish, making it even thickness. Pop in the oven and bake until golden, around 12-15 minutes depending on heat of the oven. Take out and cool.

Blend together the egg yolks, the stevia, the second measure of the vanilla and cottage cheese* until smooth.

Pour half the mixture into the crust dish and then use a spoon to swirl through half of the lemon curd**. Repeat with the remaining mixture and curd.

Pop back into the oven for 15-20 minutes or until golden and nearly cooked. When you take it out it will be a bit wobbly in the middle but it will continue cooking. Leave to cool for at least two hours or overnight before cutting into 12 pieces.

**I used cottage cheese (nutritional information based on this) - you could use cream cheese, sour cream, ricotta or whatever you have in place of.*

*** Check recipe section for my sugar free lemon curd. You could use normal lemon curd, it will add more calories and sugar to the nutritional information. Which is fine as this is a treat! But be mindful if you are managing your blood sugar.*

Ingredients

- 3 cups Desiccated coconut
- 2 teaspoon Unsweetened vanilla extract
- 3 Eggs
- 500 grams Cheese, Cottage
- 0.25 cups Equal Natural Sweetener (Stevia)
- 0.25 cups Lemon curd, sugar-free