

High Protein Blueberry Cheesecake

Cheesecake lovers, rejoice.. this blueberry cheesecake is incredibly easy to make. The creamy, sweet texture of the cheesecake is complemented by vibrant blueberries and is guaranteed to impress.. plus you'll want to make it over (and over) again.

🕒 Preparation 30 minutes ● Total 1 hour and 5 minutes 12 portions

Ingredients

or	or
10 digestive biscuits	1 teaspoon of vanilla extract
or	or
4 tablespoons of low fat plant-based spread, room temperature	1 tablespoon of lemon juice
or	or
230 grams of cream cheese spread, e.g. Philadelphia or similar low fat	190 grams of fresh blueberries
or	or
4 tablespoons of honey	lemon zest to serve
or	or
1 egg white	75 grams of yogurt, low fat, plain

Cooking method

1

Preheat the oven to 180oC (Gas Mark 4) and line an 8x8 inch (20 x 20cm) baking tin with baking paper.

2

Place the biscuits into a food processor along with the butter and blitz until a crumble forms. Transfer the crumb into the baking tin and press it into the bottom. Bake it for 7 minutes, then remove from the oven.

3

In a clean food processor, blend together the cream cheese, Greek yoghurt and honey. Add the egg white, vanilla extract and lemon juice, blend until smooth and creamy. Finally, add the fresh blueberries into the cheese mixture in the food processor and blend until pureed.

4

Transfer the mixture into the tin and spread evenly over the biscuit base. Return to the oven and bake for 25-30 minutes. Once cooked, remove from the oven and allow to cool completely on a wire rack.

5

Once cooled, place the cheesecake into the refrigerator and chill for 2 hours or overnight before serving. Serve with lemon zest.