Simple, Delicious, Cheesecake

I have made this cheesecake so many times now and I can't for the life of me remember where I first got it from – a recipe book, a friend or the internet? – I just can't remember so I can't take the credit for it but I've changed it and tinkered with it each time I make it. Sometimes adding fruit or a berry sauce and sometimes topping it with chocolate and nuts. It's a good one and a must if you want something a little 'naughty' but sugar free and packed full of protein.

Filling
750G Cream Cheese – go for a good quality cream cheese.
200ml natural yoghurt
3 tablespoons of coconut cream
1 egg
2 teaspoons of vanilla extract
2 scoops protein powder (optional)

Base
1 cup each of pistachios, desiccated coconut, ground almonds
120g coconut oil.

Topping (optional)
1 Tablespoon coconut oil
1 tablespoon raw cacao

Preheat your oven to 160'C

For the base. Whizz up all the nuts and the coconut oil in a food processor until they as smooth as you can possibly get them and press then into the base and around the edges of a cake time (one that has a loose bottom for easy removal later on) and bake this for 15 mins on a low heat. Remove this and let it cool completely

Make the filling. Place everything else into a bowl and gently fold in together. Spoon into the cold base and the bake for 40 mins on gas mark 3. Take this out and place it in the fridge for at least 2 hours. I have learned from doing this that the longer it is in the fridge for the better. Maybe even cook it the day before you want it.

This is perfect just as it is but if you want you could add a topping. Either good quality chocolate or make your own version by mixing coconut oil with raw cacao. Mix this up well and drizzle over the top!