Frozen chocolate cheesecake

Preparation time

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Serves

6

Recipe courtesy of

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Ingredients Method Nutrition

BASE:

1 cup mixed nuts (macadamias, pistachios, hazelnuts)

6 dates

1 egg white

½ tsp honey

FILLING:

1 cup cashews

½ cup natural yoghurt

¼ cup cacao powder

¼ cup frozen berries (optional)

1. Blend base ingredients together.
2. Press into pan.
3. Blend cashews, yoghurt and cacao together. Mix through berries.
4. Pour filling over base. Decorate with any extra berries by pressing into the top.
5. Place in freezer for 1 hour.
6. Prior to serving, let it sit out for 15 minutes to soften.

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Nutritional information is provided per serve

Engery	1418kJ (339 calories)
Protein	9.6g
Saturated Fat	4g
Total Fat	26g
Carbohydrates	14.6g
Sugars	9g
Dietary Fibre	4.6g
Sodium	28mg