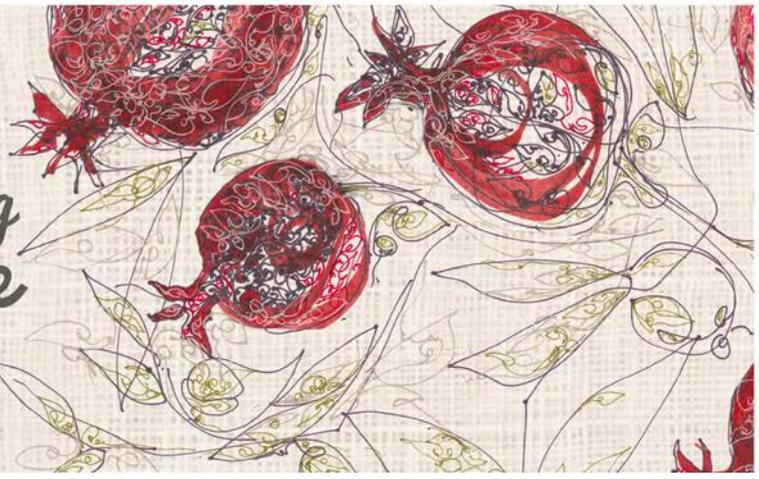




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Orange Cheesecake

Preparation 20 minutes **Cooking** No cooking, just 4 hours setting time

Makes 1 cheesecake **Cost** \$1.14 each (based on supermarket prices)

Season Winter **Ability** Medium **Can** Prepare up to 2 days in advance **Equipment** Oven, blender, stove

Did you know? As it contains yoghurt and evaporated milk, a slightly larger serve (100 grams) of this cheesecake has as much calcium as half a cup of milk!

The benefits: Eating foods high in calcium may reduce the risk of osteoporosis in people 65 years and over.

Ingredients

BASE

- ¼ cup hazelnuts
- 1 cup almonds
- 4 Medjool dates
- ¼ cup unsalted butter, to beurre noisette
- ¼ teaspoon sea salt flakes

FILLING

- 3 gold gelatin leaves
- 50ml lemon juice
- 40g raw honey
- 30ml orange juice
- 250g thick full fat Greek yoghurt
- 200g evaporated milk
- 1 tablespoon orange zest

JELLY

- 2 leaves gold gelatine
- 200ml orange juice



Method

Preheat the oven to 180C. Place the nuts on an oven tray and bake for 8-12 minutes until golden, remove from the oven and set aside to cool.

Heat the butter for the cheesecake base in a small saucepan until nut brown, set aside.

Grease and line with parchment a 20cm spring form cake tin. In a food processor, blend the nuts until fine, add the dates and blend until fine. Add the butter and salt and press into the base of the lined mold. Refrigerate.



FILLING

Soak the gelatin leaves in cold water.

In a small pot place the honey, lemon juice and orange juice, bring to the boil, remove from the heat and add the squeezed out gelatin. Stir to dissolve and set aside to cool slightly.

Place the yoghurt, evaporated milk and zest into a bowl. Add the gelatin mix, whisk to combine and pour onto the base. Set in the fridge for 4 hours or until set.

JELLY

Soak the gelatin leaves in cold water.

Heat half the orange juice in a saucepan, add the squeezed out gelatin leaves and stir until dissolved.

Add the remaining orange juice. Pass through a sieve and pour over cheesecake, allow to set in the fridge.

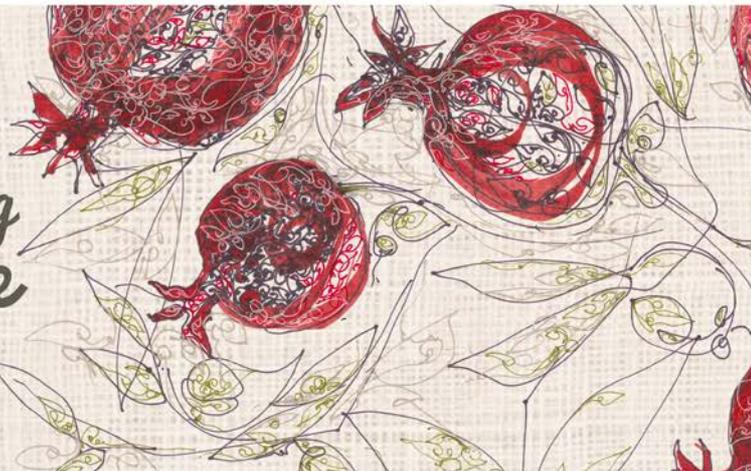
TO SERVE

Remove the cheesecake from the tin, along with the paper. Place onto a board and cut 10 portions using a hot clean knife.

Serve with seasonal fruits.



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Nutritional Analysis

Nutrient	Per serve (80g)	Per 100g
Energy (kJ)	978	1223
Protein (g)	7.2	9.0
Fat (g)	16.9	21.1
-Saturated Fat (g)	5.8	7.2
Carbohydrate (g)	12.8	16.0
-Sugar (g)	12.8	16.0
Fibre (g)	1.7	2.2
Sodium (mg)	101	127



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Nutrition analysis performed by Nutrition & Dietetics, Flinders University.
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