

Low FODMAP Lemon and Blueberry Cheesecake Slice

Serves: 12

Prep: 15 minutes

Cook: 4 hours 30 minutes



Stack Cup

Ingredients	Metric	Imperial
Sweet plain biscuits	200 g	7 oz
2 tbsp butter, melted	40 g	1.4 oz
1 packet of reduced fat cream cheese (lactose free if required)	250 g	8 oz
3/4 cup plain lactose free yoghurt	200 g	7 oz
1/3 cup caster sugar	80 g	2.8 oz
2 tbsp lemon juice	40 g	1.3 oz
Zest of 1 lemon		
1 tsp vanilla extract		
Cornflour (corn starch)	10 g	0.35 oz
2 egg whites		
1 cup fresh blueberries or raspberries (can use frozen)		

Method

- To make the base
Preheat oven to 180°C (350°F) and line a 20cm x 20cm (8 inch x 8 inch) slice tray with baking paper, leaving some paper overhanging on the sides.
- Add the sweet plain biscuits to a food processor and pulse until they form a fine crumb. Add melted butter and pulse again until mixture comes together. Pour mixture into prepared slice tray and press down firmly using your hands or the back of a spoon. Bake in oven for 10 minutes or until lightly golden and then set aside to cool.
- To make the filling:
Using a hand/stand mixer or food processor, beat cream cheese and yoghurt together until smooth and well combined. Next, beat in caster sugar, lemon juice, zest, vanilla extract, cornflour and egg whites (add one at a time). Continue to beat until mixture is light, fluffy and well combined.
- Finally, gently stir through the berries until just combined.
- Pour the filling over the prepared base and bake in the oven at 180°C (350°F) for approximately 25-30 minutes.
- Remove cheesecake from oven and set aside to cool for 30 minutes or so before transferring to the fridge. Refrigerate for at least 4 hours (preferably overnight) before serving.
- Cut cheesecake into bars to serve!

Nutrition Information (per serve)	
Energy	791 Kj / 189 cal
Protein	6.20g
Carbohydrates	20.40g
Sugar	14.80g
Total Fat	8.70g
Saturated Fat	5.30g
Fibre	1.00g