



Brookdale
HEALTH HYDRO



BAKED Coconut AND Lime Cheesecake

GLUTEN FREE

BASE

100g	raw hazelnuts, ground
150g	desiccated coconut
¼ cup	butter, melted

FILLING

500g	plain smooth cottage cheese
2	limes, juice & zest
½ cup	coconut cream
1	vanilla pod, cut in half seeds scraped or 1 tsp vanilla paste
2	free range eggs
½ cup	organic maple syrup
	toasted coconut shavings for decorating

Pre-heat oven to 180 degrees.

Line a 23cm spring form tin with baking paper and grease.

Combine all base ingredients. Press firmly into the tin. Bake for about 10 minutes until golden.

Reduce the oven temperature to 160 degrees.

Whisk all the filling ingredients together and blend well.

Pour mixture over base and bake for 35 minutes.

Chill for 3 hours so the cheesecake can set.

Remove from tin and sprinkle with toasted coconut before serving.

SERVES 16



This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za