

Ginger & Lime Jello Cheesecake

I've been playing with the combination of jello and cream cheese quite a lot lately, it makes a really spectacular fridge cheesecake. The best part of this is, it is so versatile: you can use any flavour combinations you want, you can leave out the base/crust, you can combine it with plain jello - creating a layered cheesecake effect in a glass. There are so many ways to use this basic recipe.



Ingredients:

Crust:

- 5 squares (50g) of 90% Lindt Dark Chocolate
- 7 tbsp. (100g) butter
- 1 tbsp. unsweetened cocoa powder
- 1/2 cup pecan flour
- 1/2 cup coconut flour
- 3 tbsp. powdered erythritol

Filling:

- 1 cup (250g) cream cheese (softened)
- 1/2 cup heavy cream
- 1/2 cup sour cream
- 1/3 to 1/2 cup of erythritol (to taste)
- 1 tbsp. ginger powder
- 1 tbsp. lime juice (optional)
- 1 packet (10g) sugar free lime jello
- 1/2 tsp. powdered gelatine
- 1/2 cup boiling water

For the crust: Mix the Lindt and the butter in a frying pan on low heat. Stir until they are completely melted and combined.

Mix the dry ingredients together in a separate bowl. Add your butter mixture into the dry ingredients and mix well. The consistency is almost like biscuit crumbs.

Grease your non-stick cake pan. I used a springform pan for this, the size doesn't really matter; the smaller it is the deeper your cake will be. Press your crust mixture firmly into the pan. Spread the mixture out as evenly as you can.

For the filling: Mix the cream cheese, heavy cream, sour cream, erythritol, ginger powder, and lime juice in a bowl. Beat until smooth.

In a small bowl, mix the jello, gelatine and boiling water until all the powder is dissolved.

Add the jello to the cream cheese and continue to beat it until everything is combined. Taste the mixture and add more erythritol if necessary. Remember that the jello is sweetened so it will add to the total sweetness of the cheesecake.

Pour the cheesecake mixture over the chocolate base. If you just want the cheesecake part, you can leave out the base and readjust the macros on this.

Let this set in the fridge for a few hours before serving.

Approximate macros per serving (assuming 8 servings):

carbs - 5g fat - 42g protein - 6.6g calories - 425

Recipe and images by www.alittlebitofketo.com