



HEALTHYFOOD
STUDIO

NO-BAKE CHOCOLATE *cheesecake*

INGREDIENTS

55g (½ cup)	Unsalted pistachio kernels
60g (½ cup)	Pumpkin seeds
70g (½ cup)	Unsalted pecans
2 tsp	Raw cacao
140g (about 6)	Pitted medjool dates
	Fat-free or low-fat Greek yoghurt, to serve (optional)
	Pomegranate seeds, to serve (optional)

For the Filling

3 tsp	Gelatin powder
250g	Light, plain, smooth cottage cheese, at room temperature
500g	Plain fat-free or low-fat yoghurt
35 g (⅓ cup)	Raw cacao, plus extra 1 teaspoon to dust
60 ml (¼ cup)	Maple syrup, plus extra 1 tablespoon to serve
2 tsp	Vanilla-bean paste

METHOD

- 01** | Grease and line the base of a 22 cm springform pan with baking paper. Place pistachios, pumpkin seeds and pecans in the bowl of a food processor and process until fine. Add cacao and dates, and process until finely chopped. Add 1 to 2 teaspoons water and process until the mixture just begins to stick together.
- 02** | Transfer the mixture to the prepared pan and press into the base. Place in the freezer for 1 hour or until firm.
- 03** | To make the filling, place 2 tablespoons water in a small heatproof bowl. Sprinkle over the gelatin. Place bowl in a larger bowl of hot water and stir gelatin mixture for 1 minute or until gelatin dissolves. Set aside to cool slightly. Clean and dry the food processor bowl. Add the cottage cheese and yoghurt, and process until smooth. Add the cacao, maple syrup and vanilla. Process until smooth. Scrape down the side and process again.
- 04** | Add the gelatin mixture and process to combine. Pour mixture into prepared pan. Smooth surface. Place the cheesecake in the fridge until firm.
- 05** | Remove cheesecake from pan. Dust with the extra cacao. Drizzle over the extra maple syrup. Serve with the yoghurt and pomegranate, if using.



COOKING

0
MIN

PREP

25
MIN

SERVES

12
SLICES