



Vanilla Almond Protein Cheesecake

Ingredients:

Claudia's Kitchen Almond Crunch biscuits, 6 (or another low-carb, sugar-free cookie)
Avocado 1/5 avocado
Olive oil 1-1/2 tbsp
Fat-free cream cheese[PS2] 5 oz.
Cr&egraave;me fraîche 4 oz.
Stevia, 12 tbsp
Gelatin, 2 leaves
Vanilla powder 1 tsp (optional)
Protein powder 1 scoop

Crust Instructions:

1. Preheat oven to 350 degrees F.
2. Place the cookies, avocado, and olive oil in a food processor and blitz them to crumbs, about 3 minutes.
3. Press the mixture into two 4-inch greased springform pans (or one 8-inch).
4. Place pans in oven and let bake for 12 minutes.

Filling Instructions:

1. Place the gelatin leaves in a small bowl filled with cold water for 5 minutes.
2. Add three tablespoons of water to a pot and heat it on the stove on medium heat.
3. Take the gelatin out of the bowl, drain it, and add it to the pot. Stir it often, and don't allow the gelatin to come to a boil, about two minutes.
4. Place the cream cheese, cr&egraave;me fraîche, Stevia, vanilla powder, and protein powder in a bowl and mix until you reach a creamy consistency. If it's not sweet enough, add a bit more Stevia.
5. Take the gelatin out of the pot, add it to the other filling ingredients, and mix well to remove any lumps.
6. Refrigerate the mixture and allow it to rest for 5 minutes.

Final Touches:

1. Once the crust has cooled down and the cream is set, pour the cream on the crust (still in the pan).
2. Put the cakes in the fridge and let them rest for about four hours. Check that the cakes are nice and firm before taking them out of the pan.
3. Once they are out of the pan, decorate them with flaked almonds, fruit, dark chocolate, or whatever else you enjoy!