

MANGO CHEESECAKE

Indulge in this delicious summer treat, with no added sugars, no gluten and best of all... No baking!

NORMAL | 40 MINS | 3 HOURS | 8 SERVES

Ingredients

- 1 cup (100g) walnuts
- 1 cup (100g) almonds
- 1 cup (100g) pecans
- 8-9 (200g) dates
- 500g cream cheese, softened
- 1 cup (150g) mangoes, pureed
- ¾ cup greek yoghurt
- 12g gelatin, dissolved in ⅓ cup boiling water
- ½ tsp vanilla½ cup cream, lightly whipped

Instructions

1. In a food processor, place walnuts, almonds, pecans and dates and process until you get a paste that holds together.
2. Line the base and sides of a 22cm springform tin with greaseproof paper. Press the nut mixture to mould the bottom of the tin to form the base of the cheesecake. Refrigerate.
3. Beat cream cheese until smooth. Add the mango puree, vanilla, yoghurt and gelatin mixture and beat until combined. Fold through the whipped cream.
4. Pour cheesecake mixture onto the lined base of the tin. Refrigerate for 3 hours or until cheesecake has set.