

Yogurt Cream Cheesecake

Serves 4-6

Crust

8-10 sourdough spelt crackers (depends on size and thickness – about 2 oz or 56 g) (see spelt cracker below)

2 tbsp melted butter or coconut oil + 1/2 tbsp for greasing the pan

1 tbsp organic sugar or coconut sweetener

Filling:

12 oz or 336 g yogurt cream cheese

1/3 cup sweetener of choice such as organic sugar, maple syrup, raw honey or coconut sweetener

2 eggs

1/2 tsp sea salt

1/2 tsp vanilla

1 1/2 - 2 tbsp lemon or lime juice

2 tbsp whipping cream or full-fat coconut milk

Berries for serving

Preheat the oven to 325 degrees F. Lightly grease a 6-inch round cake pan with butter or coconut oil. Do not use a springform pan. Cut a 6-inch circle out of parchment paper and line the bottom of the pan. Cut a 2-inch x 18-inch strip of parchment paper to line the side of the pan. If the strip does not completely line the circumference of pan, cut a smaller piece to finishing lining the side. Greasing the pan with butter or coconut oil helps hold the parchment paper in place.

To make the crust: Put the crackers in a food processor and process until a fine crumb. Transfer to a bowl and add 2 tbsp melted butter or coconut oil and sugar or coconut sweetener. Mix. Put the mixture into the prepared cake pan. Spread evenly over the bottom of the pan. Press down the crumb mixture to create a firm crust. Bake for 15 minutes in the oven. Remove for the oven and set aside.

To make the filling: Put the yogurt cream cheese in a food processor with the sweetener of choice. Process until smooth. Add the eggs and process again. Scrape the sides. Add the sea salt, vanilla, lemon or lime juice and cream. Process again until smooth.

To bake the cheesecake: Pour the filling on top of the crust in the cake pan. Create a water bath by placing the cake pan into a wider cake pan, pouring hot water into the outer pan. Put in the oven and bake for 50 - 75 minutes or until the filling is set and no longer liquidy. Remove the cheesecake from the oven and the water bath. Let cool for an hour. Put in the refrigerator to let it continue to cool. Must be completely chilled before removing from the pan. To remove from the pan, go around the edge of the pan with a flat knife, running it between the parchment paper and the side of the cake pan. Gently lift the knife to see if the cheesecake loosens from the

bottom (but don't worry if it doesn't – see tip below). Put a flat plate onto of the top of the cake pan. Flip over. The cheesecake should fall onto the plate. Remove the pan and parchment paper on the bottom. Place another plate on top of the crust and flip over again. Remove the parchment paper on the side. Top with berries and serve.

Tip: If the cheesecake does not fall out of the pan easily when flipped, then put the pan in a shallow pan with hot water to warm the bottom of the cheesecake for a few seconds. This will melt the butter or coconut oil that was used to grease the bottom of the pan. This should release the cheesecake easily when it's flipped over. You may need to knock on the bottom of the pan to get the cheesecake to release.

For Gluten-Free Crust: Buy plain gluten-free crackers such as rice or brown rice crackers. The amount will be the same as the recipe above – about 2 oz or 56 g. If no scale is available, look at the amount on the package to assess the right amount.

Note: To make a larger cheesecake, double the recipe and use an 8 or 9-inch round cake pan.

Yogurt Cream Cheese: It's easy to make by draining full-fat yogurt. Simply place a tight mesh cloth over a sieve. Hold the cloth in place with an elastic. Rest the sieve in a bowl. Put the yogurt in the sieve and let it drain through the cloth. A 750 ml or 26 oz (or similar size) container will drain to make 336 g or 12 oz yogurt cream cheese. It takes about 4-5 hours to get the yogurt cream cheese to the thickness use in this recipe. Cream cheese will keep for several weeks when stored in the refrigerator. To make it taste like the cream cheese you probably like, add sea salt until it tastes as you wish. The recipe above is without added salt to the yogurt cream cheese. Instead sea salt is added as part of the recipe.

Sourdough Spelt Crackers

Makes 96 crackers

1 1/2 cups spelt flour, einkorn or whole wheat cake and pastry
1 cup kamut flour, rye flour or unbleached all-purpose flour
2/3 cup dark brown sugar or coconut sweetener
1 tsp baking soda
3/4 tsp sea salt
2/3 cup butter, cut into 1" cubes or 2/3 cup coconut oil
2 tbsp whole milk or light coconut milk
1 cup sourdough starter
1 tsp pure vanilla extract

Option 1: Add 1 1/2 tbsp raw honey.

Option 2: Add 1 tsp cinnamon.

In a food processor bowl, using the steel blade attachment, combine the flours, choice of sweetener, baking soda and sea salt. Pulse to blend. Add the butter and process until the mixture is the consistency of a coarse meal.



Add the milk, sourdough starter and vanilla extract (and either honey and/or cinnamon, if using). Process until the dough comes together. It will be soft but not sticky. If too sticky add more spelt flour. The texture will vary depending on the thickness of the sourdough starter. If too dry, add more milk. Transfer to a bowl and continue to mix the dough so it is homogeneous.

Divide the dough into two halves. Put half the dough onto a lightly-floured work surface (use spelt, kamut or all-purpose for rolling) and shape into a square about 1" thick. Roll the dough into an 8" x 8" square, about 1/8" thickness. If the square needs to be bigger in order for it to be the right thickness, then roll it bigger. Lay the rolling pin just inside the edge of one side of the square. Run a knife or pizza cutter along the rolling pin to eliminate the rough edge of the square. Repeat with the other 3 sides so the square has straight edges. Use a knife or pizza cutter to cut the square into 16 2 x 2" squares (or more if the square is bigger than 8" x 8). This can be done by cutting the square into four equal strips and then cutting each strip into four pieces.

Place each square on a baking sheet, lined with parchment paper. Poke holes in each square with a fork and put in the oven. Bake for 12-14 minutes or until the crackers are crisp. Rotate the tray halfway through. Remove from the oven and let cool. Transfer to an airtight container and store at room temperature. Keeps for one 1-2 weeks.

Repeat with the other half of the dough. Dough can also be frozen and baked later.