

MOCK LEMON CHEESECAKE

INGREDIENTS:

- 1C of high protein yoghurt/or coconut yoghurt for dairy free
- 1/3C almond meal
- 1/4C of walnuts
- 1 Medjool date (8-10g is FODMAP friendly)

METHOD:

1. Blend the walnuts, almond meal and 1 date in a processer until it forms a biscuit crumb. Add a little water if needed.
2. Press mixture into the base of a glass.
3. Spoon the yoghurt over the crumb mixture and place in the fridge for minimum 30 minutes, or overnight.
4. To serve either grate some lemon zest over the top, or passionfruit pulp, or drizzle some maple syrup.

SERVES 2



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