

# Recipe

# MODIFICATION

The classic baked cheesecake is a favourite dessert for many. This modified cheesecake recipe is significantly lower in calories, sugar and saturated fat making it a far healthier alternative. The digestive biscuits do contain more sodium than the Anzac biscuits which is why the overall recipe is slightly higher in sodium however, it is still within recommended guidelines.

## Basic Cheesecake (Serves 12)

Modification by Alana Robinson, Dietitian, Darwin

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
200g Anzac biscuits	<i>Digestive biscuits contain less saturated fat and added sugar than most store-bought Anzac biscuits</i>	<b>200g digestive biscuits</b>
100g salted butter	<i>Preferably we swap butter to margarine to reduce saturated fat; however for bases to form, butter is still required. Swapping to unsalted butter helps keep the sodium content down</i>	<b>100g unsalted butter</b>
500g cream cheese	<i>Swapped to reduce saturated and total fat content</i>	<b>500g extra light cream cheese</b>
¾ cups caster sugar	<i>No change</i>	<b>¾ cup caster sugar</b>
2 teaspoons vanilla bean	<i>Swap to vanilla essence to lower the carbohydrate of the cake</i>	<b>2 teaspoons vanilla essence</b>
1/3 cup corn flour	<i>Less flour overall</i>	<b>2 tablespoons plain flour</b>
1 lemon rind and juice	<i>Nil change</i>	<b>1 lemon rind and juice</b>
3 eggs	<i>Reduce by one egg</i>	<b>2 eggs</b>
500g sour cream	<i>Reduce amount and swapped to low fat alternative</i>	<b>300g light sour cream</b>
125g white chocolate	<i>Removed from recipe</i>	
250g fresh raspberries	<i>Nil change</i>	<b>250g fresh raspberries</b>

### Method

1. Preheat oven to 150°C.  
You will need a 20cm based spring-form tin, greased.
2. In a food processor, finely crush biscuits, then add butter and process until well combined. Spoon this mixture into prepared tin and spread out to cover base and sides. Chill in fridge for 30 minutes.
3. Place cream cheese and sugar in bowl together and beat until smoother. Add in flour, vanilla, lemon rind and lemon juice, then continue beating until combined. Add in eggs, beating until smooth, then add sour cream and beat until just combined. Pour this mixture into base.
4. Place baking tin on a baking tray. Bake for 1 hour or until just set. Turn oven off. Cool in oven, with door ajar, for 2 hours. Chill for 3 hours before serving with raspberries on top.

### Nutritional Comparison

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
<b>Energy (kJ)</b>	2360	1300	1260	885
<b>Protein (g)</b>	8.1	4.4	8.6	6.0
<b>Fat total (g)</b>	42.2	23.3	15.5	10.8
<b>– Saturated fat (g)</b>	26.8	14.8	9.4	6.6
<b>Carbohydrate (g)</b>	38.0	21.0	30.9	21.7
<b>Fibre (g)</b>	2.4	1.3	2.5	1.7
<b>Sodium (mg)</b>	268	148	275	192