

Mini Lime Ricotta Cheesecakes With Blueberry Compote



Preparation time: 60 mins
Serves: 6 people
User Rating: ★★★★★

Publication: 31 July 2018
Categories: Desserts, Vegetarian

Makes 4-6 mini cheesecakes / Double to make 1 large cheesecake



Ingredients

BASE

- 200gms of digestive biscuits
- 70gms of coconut oil, melted (about $\frac{1}{4}$ of a cup + a tbsp)

FILLING

- 2 x eggs
- 500g of ricotta cheese
- Zest of 1 lime

- ¼ of a cup of coconut sugar
- 2 tbsp. of plain flour

BLUEBERRY COMPOTE

- 2 x cups of frozen blueberries
- Juice of 1 x lime
- 2 x tbsp. of coconut sugar\
- 2 x tbsp. of water

Method

1. In a food processor, process the biscuits until they form a fine crumb.
2. Continue processing, and pour in the coconut oil in an even stream until all is added and the mixture comes together.
3. Press the mixture into the bottom of small, non-stick tart molds (or grease some molds with coconut oil), using the bottom of a glass to press down firmly and evenly.
4. Place in the fridge to set (at least 15 minutes).
5. Preheat a fan-forced oven to 150c.
6. Clean your food processor then add the ricotta, eggs, lime zest and coconut sugar.
7. Process until a batter is formed similar to the consistency of pancake batter.
8. Sift the flour and add, processing until smooth again.
9. Spoon the cheesecake mixture evenly into prepared bases.
0. Bake at 150c for about 30 minutes, or until the middle is set and begins to crack slightly.
1. Turn off the oven and leave the cheesecakes in there to cool, with the door kept open about an inch with a tea towel.
2. Once cooled, refrigerate for at least 2 hours before removing from the molds to serve.
3. To make the blueberry compote, cook all the ingredients on a low heat for 5-7 minutes, or until the syrup starts to thicken and the blueberries start to soften.
4. Serve the cheesecakes with blueberry compote spooned over the top, and a little lime zest to finish.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
210g	2120kj 507kcal	14.8g	28.5g	10.7g	45.8g	21.9g	405mg	3g
Vitamin D								
1.2µg								

All nutrition values are per serve.