



LANCEWOOD® BLUEBERRY AND RASPBERRY CHEESECAKE CUPS

SERVES: 8

LANCEWOOD® PRODUCTS

- Full Fat Cream Cheese FSI
- Full Fat Plain Cream Cheese

INGREDIENTS

125 ml ground almonds

125 ml coconut, toasted

15 ml xylitol

30 ml melted butter

250 g **LANCEWOOD® Full Fat Plain Cream Cheese**, at room temperature

250 ml cream

30 ml xylitol

5 ml vanilla essence

125 g mixed blueberries and raspberries

METHOD

Combine the almonds, coconut and xylitol. Add the butter. Divide between and press into 8 small espresso cups. Reserve a little bit for sprinkling on top. Beat the Lancewood cream cheese, cream, xylitol and vanilla essence together until thick. Spoon into the cups and top with blueberries and raspberries. Sprinkle extra crumbs over.

Cook's notes:

Suitable for those following a LCHF diet.

Use any berries of your choice and sprinkle with chopped almonds, pecan nuts or walnuts.