



Pistachio & Raspberry Cheesecake

Inspired by Sarah Wilson. With flexible sweetener options. 12 slices.

Ingredients

Filling

750g	Cream cheese - at room temp
2 tbsp	Yoghurt or sour cream
¼ cup	Coconut cream
1	Egg
1 tsp	Vanilla Powder
1 cup	Frozen Raspberries
Extra	Raspberries & Mint to garnish

Sweetener - Choose ONE option

Option 1 - traditional

½ cup	Rice malt syrup
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Option 2 - lower impact

⅓ cup	Maple syrup
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Option 3 - sugar free

⅓ cup &	Powdered erythritol
½ - 1 tsp	Monk fruit or stevia liquid
PLUS	2 extra tbsp coconut cream or yoghurt

Base

1 cup	Shelled pistachios or hazelnuts
1 cup	Shredded or desiccated coconut
1 cup	Almond meal (or other nut meal)
120g	Unsalted butter, softened

- This cheesecake is rich – small slices are deeply satisfying.
- The sugar-free option is intentionally less sweet and allows the raspberry tang to shine.
- Best served chilled with extra raspberries and mint.

Approx per slice:

Option 1 Protein: 9g • Carbs:16g • Sugars:10g • Fat:37g **Option 2** Protein: 9g • Carbs:14g • Sugars:9g • Fat:37g
Option 3 Protein: 9g • Carbs:7g • Sugars:3g • Fat:36g

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Directions

Base

1. Preheat oven to 160°C fan bake.
2. Line the base of a springform tin.
3. Blitz nuts, coconut, and almond meal until well combined.
4. Mix through softened butter.
5. Press firmly into the base of the tin.
6. Bake for 10–12 minutes until lightly golden. Set aside to cool.

Filling

1. Beat cream cheese until completely smooth.
2. Add your chosen sweetener option and vanilla. Mix well.
3. Add yoghurt/sour cream and coconut cream.
4. Beat in the egg until just combined.
5. Gently fold through raspberries.
6. Pour filling over the cooled base.

Bake

1. Bake at 160°C for 45–55 minutes, until just set in the centre.
2. Turn oven off and leave the door slightly ajar for 30 minutes.
3. Chill for at least 4 hours (overnight is best).