



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

½ cup	Maple syrup
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Option 3 - sugar free

½ 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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