



## No-Bake Raspberry Cheesecake

This cheesecake looks great, tastes sophisticated, and plays by the nutritional rules, too. A perfect way to finish off a day of love.

- 1 1/2 cups (350 mL) fresh or frozen (thawed) raspberries, plus more for garnish**
- 2 cups (500 mL) gluten-free organic rolled oats**
- 3/4 cup (180 mL) unsalted almonds**
- 1 cup (250 mL) raisins**
- 1/4 cup (60 mL) melted coconut oil**
- 3 Tbsp (45 mL) cocoa powder**
- 2 Tbsp (30 mL) honey**
- 1 Tbsp (15 mL) unflavoured gelatin or agar-agar powder**
- 1 1/2 cups (350 mL) plain Greek yogurt**
- 4 1/4 oz (120 g) soft goat cheese, at room temperature**
- 1/2 cup (125 mL) milk**
- 2 Tbsp (30 mL) coconut sugar or other raw-style sugar**
- Zest of 1 lemon**
- 1 tsp (5 mL) vanilla extract**
- Dark chocolate, grated**

Combine raspberries and 2 Tbsp (30 mL) water in blender container; blend until puréed. Strain through fine-mesh sieve, pressing with wooden spoon or spatula to remove seeds.

Place oats and almonds in food processor container and process until nuts are well chopped. Add raisins, coconut oil, cocoa powder, and honey; process until mixture sticks together when squeezed between your fingers.

Line bottom of 8 or 9 in (20 or 23 cm) springform pan or round cake pan with parchment paper and lightly grease sides of pan. Place oat mixture in pan and press down firmly to form an even, flat crust. Place pan in refrigerator while you prepare topping.

Stir together gelatin or agar-agar and 2 Tbsp (30 mL) water in small bowl; let sit for 5 minutes. Purée together yogurt and goat cheese in food processor container. In small saucepan over medium heat, bring milk, sugar, lemon zest, and vanilla to a simmer. Add gelatin and stir until gelatin has dissolved.

Add raspberry purée and hot milk mixture to yogurt mixture and blend until combined. Pour yogurt mixture over crust. Refrigerate until set, at least 2 hours.

Serve slices topped with fresh raspberries and grated chocolate.

Serves 10.

Each serving contains: 335 calories; 12 g protein; 15 g total fat (8 g sat. fat, 0 g trans fat); 43 g total carbohydrates (21 g sugars, 6 g fibre); 80 mg sodium **a**