

Strawberries 'N' Cream Cheesecake

Ingredients:

- nonstick cooking spray
- $\frac{3}{4}$ cup almond meal or almond flour
- 2 tablespoons butter, melted
- 3 cups strawberries, sliced
- 2 envelopes [protein strawberry-banana gelatin](#)
- 3 envelopes unflavored gelatin
- 2 cups cold water, divided
- 32 oz cream cheese, softened
- 1 $\frac{1}{4}$ cups sugar substitute, divided
- 1 teaspoon lemon juice
- $\frac{1}{2}$ cup almond milk (soy or coconut work well too)
- $\frac{2}{3}$ cup hot water
- 1 cup diet sprite or any sparkling water



Directions:

1. Spray the sides of an 8" or 9" springform pan and line bottom with parchment paper.
2. Combine almond meal, $\frac{1}{4}$ cup of sugar substitute and melted butter until crumbly.
3. Transfer the crumb mixture to the springform pan. Use a spatula or back of spoon to press down to form a base. Chill for 10 minutes.
4. In a small bowl, combine 1 cup cold water, 1 envelope of protein gelatin and 2 envelopes of unflavored gelatin. Let bloom for 3 minutes, until the water is mostly absorbed. Microwave for 20–30 seconds, or until the gelatin is melted.
5. In a large bowl, beat the cream cheese, 1 cup sugar substitute and lemon juice together with an electric hand mixer until combined.
6. Add the milk and melted gelatin and beat for another 1-2 minutes, until fluffy & well combined.
7. Spread cheesecake mixture over the chilled crust. Chill for 10 minutes.
8. In a small bowl, combine the remaining 1 cup cold water with the remaining 2 envelopes (1 plain & 1 flavored) of gelatin. Let the gelatin bloom for 3 minutes. Microwave 20–30 seconds, until the gelatin is melted.
9. Add 1 cup sparkling water or diet soda slowly and stir to combine. Let sit for 5 minutes to cool slightly. Skim off foam and set aside.
10. Arrange the sliced strawberries over the cheesecake layer in a circular pattern with the flat sides facing out. Begin with the larger slices near the outside and continue toward center until filled.
11. Spoon half of the gelatin over the strawberries. Refrigerate for 30 minutes. Pour the remaining gelatin over the berries. Refrigerate for several hours.
12. Release the springform and remove the parchment – then slice & serve.

Serves 16

Nutritional Info:

Calories:	195
Fat:	14g
Carbohydrates:	5g
Fiber:	1g
Protein:	8g