

Healthy Cheesecake

Course: **Cakes**

Servings	Prep time	Cooking time	Total time
6-8 servings	15 minutes	50 minutes	1 hour 5 minutes

Ingredients

For the Crust:

100 g (1 cup) whole wheat cookies, crushed

50 g (¼ cup) butter or coconut oil, melted

For the Filling:

160 g (¾ cup) light cream cheese

350 g (1 ½ cups) non-fat Greek yogurt

1 large egg + **1** egg yolk

90 g (½ cup) natural sugar alternative

20 g (2 tbsp) all-purpose flour or oat flour

1 tsp vanilla extract

1 pinch salt

Directions

Prepare the Crust:

- 1 Preheat your oven to **160°C (320°F)** and line a **17 cm (7-inch) mini cake pan** with parchment paper.
- 2 Crush the **whole wheat cookies** into fine crumbs using a food processor or by placing them in a plastic bag and crushing with a rolling pin.
- 3 In a bowl, mix the crushed cookies with **melted butter** until well combined.
- 4 Press the mixture firmly into the bottom of the prepared cake pan to form an even crust.
- 5 Bake for **8–10 minutes**, then let cool while preparing the filling.

Make the Cheesecake Filling:

- 6 In a large bowl, whisk together the **cream cheese, Greek yogurt, and sugar alternative** until smooth.
- 7 Add the **egg, egg yolk, vanilla extract, and salt** and mix until fully incorporated.
- 8 Sift in the **flour** and stir gently until just combined.
- 9 Pour the filling over the cooled crust and smooth the top.

Bake & Cool:

- 10** Bake the cheesecake at **160°C (320°F) for 45–55 minutes**, or until the edges are set but the center is still slightly jiggly.
- 11** Turn off the oven, leave the door slightly open, and let the cheesecake cool inside for **15 minutes**.
- 12** Transfer to the counter and let it cool completely before refrigerating for **at least 3 hours** (preferably overnight). Serve with homemade strawberry sauce (recipe in blog post).