

# Guilt-Free Blueberry Cheesecake Recipe

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Prep. time : 20 minutes

Cook time : 10 minutes

Ready in 30 minutes plus cooling

Level : Basic

## **Ingredients:**

### **Gluten-Free Crumble:**

- Almond flour 140g (5oz)
- Butter 25g (0.9oz)
- Milk 15g (0.5oz)

### **Gluten-Free Crust:**

- Gluten-free crumble 120g (4.2oz)
- Stevia powder 2g (0.5Tsp)
- Butter 55g (2oz)

### **Cream Cheese Mousse:**

- Cream cheese 220g (7.7oz)
- Sour cream 50g (1.8oz)
- Stevia powder 6g (1.5Tsp)
- Milk 50g (1.8oz)
- Vanilla powder
- Gelatin 4g (2.5 leaves)
- Cream (35%) 220g (7.7oz)

## **Blueberry Mousse:**

- Cream cheese 240g (8.5oz)
- Blueberry puree 100g (3.5oz)
- Stevia powder 6g (1.5Tsp)
- Gelatin 4g (2.5 leaves)
- Cream (35%) 220g (7.7oz)

## **Decoration:**

- Strawberries, raspberries, blueberries, red currant, kiwi

## **Directions**

1. To make gluten free crumble put almond flour, butter and cold milk into a food processor. Pulse until you get crumbly mixture. Transfer crumble onto a paper lined baking tray, and then bake it at 180°C (350°F) for about 10 minutes, until golden. When crumble cools down, grind it in your food processor.
2. To make the crust put ground crumble, stevia powder and melted butter into a bowl, and stir with a silicone spatula to combine.
3. Line 15cmx15cm (6"x6") pan with parchment paper and acetate strip. Transfer the mixture into the mold and smooth it with the back of the spoon. Then, smooth the corners using a pointed spatula, and put in the fridge until the crumble sets.
4. To make cream cheese mousse soak gelatin in cold water. As soon as the gelatin softens take it out and squeeze to get rid of the excess water. Put cream cheese into a bowl, and mix it with a silicone spatula until it becomes smooth. Add sour cream, and continue mixing until the mixture becomes uniform. Put milk into a bowl, add stevia powder and vanilla powder, and stir with a whisk to combine. Heat up this mixture in the microwave. When milk gets hot, add gelatin and stir until it melts. Add this mixture to cream cheese mixture, and stir with a whisk until it becomes uniform. Whip the cream in a stand mixer fitted with whisk attachment to soft peaks. Add cream cheese mixture into the whipped cream, and stir with a whisk until the mixture becomes uniform.

5. Pour the mixture into the prepared mold. Shake and tap the mold against the counter to distribute the mousse evenly, and then put it in the freezer until it sets completely.
6. To make blueberry mousse soak gelatin in cold water. As soon as the gelatin softens, take it out and squeeze to get rid of the excess water. Put cream cheese into a bowl, and mix it with a silicone spatula until it becomes smooth. Put blueberry puree into a bowl, add stevia powder, and stir with a whisk. Heat up this mixture in the microwave. When the puree gets hot add soaked gelatin and stir until it melts. Pour warm blueberry puree into the cream cheese, and stir with a whisk until the mixture becomes uniform. Whip cream in a stand mixer fitted with whisk attachment to soft peaks. Pour lukewarm blueberry mixture into the whipped cream, and stir with a whisk until it becomes uniform. Pour the mixture onto frozen cream cheese mousse. Shake the mold to distribute the mousse evenly, and then put it in the freezer until it sets completely.
7. Decorate the cake with some fresh fruits – strawberries, raspberries, blueberries, red currant, and kiwi.
8. There, your delicious guilt-free blueberry cheesecake is done! Enjoy!