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Recipe © Rosemary Conley Enterprises

## LIME CHEESECAKE

A rich dessert made with fresh fruits that makes a fantastic centrepiece. You can make it in advance and keep in the refrigerator until required.

Serves 8

Per serving: 228 calories, 0.7g fat

Prep time: 20 minutes

Cook time: 5 minutes

## INGREDIENTS

220g sponge flan case  
4 large limes  
6 sheets leaf gelatine  
1 x 405g can light condensed milk, chilled overnight  
1 vanilla pod  
200g virtually fat-free fromage frais  
250g Quark (low-fat soft cheese)  
2 egg whites  
Fresh berries and icing sugar to decorate

## METHOD

Prepare the sponge base

1. Lightly grease an adjustable metal flan ring; then press it into the sponge to cut off the outside rim of the bought flan case. Remove the outside sponge remnants and discard. Line the inside of the metal flan ring with parchment paper so the cheesecake mixture will not stick when you pour it in.

To make the cheesecake filling

1. Finely grate the lime zest from all 4 limes into a mixing bowl and add the condensed milk.
2. Using an electric mixer, whisk on high speed until thick and double in volume.
3. Soak the gelatine in cold water, then drain, squeezing out any excess water from the gelatine.
4. Cut the limes in half and squeeze out the juice into a small saucepan. Split the vanilla pod lengthways, using a sharp knife, and scrape out the black seeds from the centre.
5. Add the vanilla seeds and the gelatine to the pan. Heat gently, stirring continuously, until the gelatine has dissolved.
6. Whisk the hot syrup into the milk until fully combined. Carefully fold in the fromage frais and Quark until smooth.
7. Whisk the egg whites until they form stiff peaks. Fold into the mixture, using a large metal spoon, and then pour into the ring.
8. Refrigerate for 4 hours, or ideally overnight, until set.
9. Remove the metal flan ring and decorate the cheesecake with fresh berries and dust with icing sugar before serving.

