

Cheesecake with raspberries



This quick and easy-to-prepare snack is especially suitable if you are suffering from weight loss or loss of appetite, or if you have the problem of only being able to eat small portions at a time.

Ingredients for 6 persons:

150 g delicious biscuits (e.g. shortbread, oat biscuits, chocolate biscuits)



50 g butter

2 tbsp sugar syrup made from cane sugar (cane sugar and water – see below)

250 g fresh raspberries (or frozen raspberries)

500 g mascarpone

150 g cream cheese (or quark, e.g. reduced fat)
50 g sugar
1 untreated lime
½ vanilla pod
150 ml crème fraîche

Tip: This snack can also be served in 6 tumbler glasses – as shown in the photo. This makes it easier to serve and eat, as well as store in the fridge.

Tip: Summer time is the season for berries. It's worth trying out the variety on offer.

Preparation (c. 30 mins):

To prepare the sugar syrup take equal amounts of cane sugar and water (e.g. 100 g cane sugar and 100 ml water), bring the mixture to the boil, stir and leave to simmer for approximately a further 3 minutes. Leave to cool and pour into a small, sterilised glass bottle, for example. It can be kept like this in the fridge for several months.

To make the cake, start with preparation of the base.

Put the biscuits into a bag and use a rolling pin to crush the biscuits into fine crumbs. Melt the butter and then pour over the biscuit crumbs and then add the sugar syrup. Place the mixture into the base of a springform baking tin or divide into tumbler glasses and press down firmly.

Then spread 2/3 of the raspberries over the cake base.

To make the cream, stir the mascarpone, cream cheese and sugar together. Mix in the vanilla pulp scraped out of the vanilla pod, the zest of the lime peel and juice of the lime. Then whip the crème fraîche with a hand mixer until it becomes firmer and stir carefully into the mascarpone and cream cheese mix.

The cream mix is now spread over the raspberries and smoothed out with a soup spoon.



Finally, decorate the cake with the rest of the raspberries. Garnish with some mint leaves, other berries and almond flakes according to taste.

Place the cheesecake in the fridge for at least 4 hours before serving.

The cheesecake can be kept in the fridge for 2 days.

Enjoy trying out this dish. Bon appetit!