

## Greek Yoghurt Cheesecake

Meal time: Snack

Meal course: Dessert

Meal type: Vegetarian

Country of origin: Greece

Difficulty: Medium

Servings: 16

Total time: 10 hours

### Ingredients

1 tablespoon granulated sugar  
 5 tablespoons unsalted butter, melted  
 180 g graham cracker crumbs  
 450 g plain Greek yoghurt  
 2 blocks (250 g) cream cheese  
 3 large eggs  
 85 g granulated sugar  
 2 teaspoons lemon juice  
 1 teaspoon vanilla extract  
 2 tablespoons lemon juice  
 250 g strawberries and blueberries  
 ½ tablespoon chia seeds

### Nutrition Facts

	Amount per serving
Calories	187
Total Fat	12g
Saturated Fat	7g
Cholesterol	100 mg
Sodium	66 mg
Total Carbohydrate	15 g
Dietary Fibre	1 g
Total Sugars	12 g
Protein	6 g
Vitamin D	0 IU
Calcium	205 mg
Iron	3 mg
Potassium	356 mg

### Instructions

1. Preheat the oven to 175 C.
2. Mix butter, sugar, and graham cracker crumbs in a bowl. Stir until thoroughly mixed. Add batter to the bottom of a springform pan, press into the bottom and sides of the pan. Bake for 8 minutes and remove from the oven to cool. Wrap edges tightly in foil. Reduce the oven temperature to 160 C.
3. Beat cream cheese with a hand mixer for 2 minutes. Add Greek yoghurt, granulated sugar, vanilla, and lemon juice and beat until completely smooth. Add in eggs one at a time and mix on low speed.
4. Add cheesecake filling onto pre-baked crust in foil wrapped pan. Place pan in the bottom of a roasting pan with 3 cm hot water. Transfer to the oven and bake for 50 minutes.
5. Turn the oven off, open the door and let cheesecake cool in the oven for 1 hour. Cover and refrigerate for 8 hours.
6. Add berries and juice to the pan and bring to simmer and cook for 15 minutes. Remove from heat and add in chia seeds. Serve with cheesecake.
- 7.

**Notes:** you can use low-fat yogurt but use more sugar for this option. You can also choose vanilla flavored yogurt but add less sugar in this case. The recipe is rich in calcium and is a good Keto option as it is low in carbs.