



No Hassle Gluten-Free 1-2-3 Cheesecake



This is not your usual cheesecake.

It has high protein, low sugar, and can be served for breakfast or desert! So quick, so easy, and so healthy! The cake is a good source of calcium and easy for those with lactose sensitivities to digest compared to traditional cheesecakes. It is made with fermented Ricotta cheese, eggs, and sweetened condensed milk. A thin crust forms as the cake bakes. When done it can be dressed up in a number of ways.

1. INGREDIENTS

- 5 eggs at room temperature
- 1 can sweetened condensed milk
- 2 lb of Ricotta cheese (like Galbani Precious Ricotta)
- Non-stick spray or butter for pan

2. TOOLS

- Spring form pan or baking mold, electronic mixer, mixing bowl and spoon, serving plate.
- Note: a silicon form will make a softer cake. It is also possible to bake individual servings using disposable foil cupcake liners and cupcake pan.

3. HOW TO

- Coat spring form pan or baking mold with non-stick spray or butter.
- Mix all ingredients together at medium speed for 3-4 minutes until smooth (do not over mix on high as the cheese will become granulated). Add batter to spring form pan.
- Cook at 350° F for 45 minutes. Note: Do not open the stove (the cake will collapse – still edible, just not as pretty).
- Let the cake cool down in the stove (just turn the heat off). The cake will take approximately an hour to cool. Serve at room temperature. Note: The longer the cake cools, the drier it will be.

Some of Our Favorite Variations

- Flavorings may be added such as vanilla (1/2 teaspoon), chocolate powder (3 or more tablespoons), cinnamon (1/2 teaspoon), cardamom (1/2 teaspoon), instant coffee (1-2 teaspoons), imitation rum (1 teaspoon, or 2 tablespoons of rum), or imitation brandy (1 teaspoon)
- Toppings might include whipped cream, fresh berries, berry preserve (as shown in photo above), maple syrup, shredded nuts (like almonds, walnuts, etc.) which can be added right before the cake is done. *The possibilities are endless!*

TIPS:

- **Store it.** Consider storing the cake in the refrigerator covered with plastic wrap. It will keep for three or four days (maybe...it could be eaten well before then!).
- To create a less moist cake, increase the cooking time and lower the temperature slightly.

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