



## Kefir-Quark Crustless Cheesecake



Impress your friends with this show-stopping cheesecake - rich and indulgent yet high in protein, packed with probiotics and kind to the waistline!

### Ingredients:

- 500g Kefir-Quark
- 200g cottage cheese
- 2 large eggs
- 75g honey or maple syrup
- 2 tsp. gluten free flour
- 150g blackcurrants
- 3 tbsp. honey

### Instructions:

1. Line an 8-inch spring form pan with parchment paper on the bottom. Oil the sides of the pan if it is not non-stick. Preheat oven to 350°F / 176°C.
2. In a food processor or blender on low speed, blend together the Kefir-Quark and cottage cheese until smooth.
3. In a small bowl beat the eggs together. Beat the eggs, maple syrup and flour into the Kefir-Quark mixture.
4. Pour everything into the pan. Bake in the oven for about 1 hour, until the cheesecake is set.
5. In a medium saucepan, mix together the berries and honey and bring to a boil, then reduce the heat to medium-low. Cook for 10 minutes, stirring frequently. Allow to cool before pouring on top of the cheesecake.

Serves 8