

CARBCONTROL RECIPES

DESSERT

Cheesecake

1 packet Philadelphia cream cheese

½ cup hot water

½ cup cold water

3 tsp unsweetened gelatin

vanilla essence

lemon juice

1 cup cream

Denta Sweet to taste

Combine gelatin with hot water, then add cold water. Stir to dissolve and leave to cool. Soften cream cheese, then add gelatin mix and whip. Add a few drops of vanilla essence, lemon juice and sweetener to taste. Whip cream and fold under cream cheese mix. Pour into a dish and chill.