

Weird Cheesecake

I know this kind of baked cheesecake from Germany, where it was a bit different from the usual recipe what made it very smooth and fresh.

When I came here I couldn't get some of the ingredients so I re-invented it the first time round - what made it very rich and creamy, much to the delight of our friends.

When I was looking for a protein bomb to support our new muscly lifestyle I re-invented it the second time - what made it weird, much to the disappointment of our friends.



Nevertheless, this recipe is very versatile, you can give it a lemon, orange or vanilla twist, you can play with the sweetness and you can play with the kind of fruit you can add. It is high in protein and low in fat (almost 0) and a slice of 1/12 of the whole cake has approx. 100 calories. If you are using sugar instead of sweetener that obviously will go up. I usually go easy on the sweetener/sugar. We prefer to have some maple syrup poured on top if we feel that it is not sweet enough.

You need:

- Cold oven
- Blender
- Spring form (24cm/9.5", or any other size)
- Tin foil
- 2 Plates to match the form in size

- 2 Quark 250g (usually in the cheese shelves)
- 1 Yoghurt 150g, fat free strained
- 2 Bananas, rather ripe
- 150 ml Orange Juice
- 4 TBS Lemon Juice (you may vary that)
- 2 Eggs medium-large
- 4 TBS Splenda sweetener



If you like:

- Morello Cherries from the jar
- Fresh or tinned raspberries
- Raisins
- Natural vanilla extract
- Try different kind of juice instead of Orange

protein bomb
low fat
easy/versatile
Duration: 1 hour 30 mins

The stuff you are going to pour into the spring form is liquid and it usually runs through a bit as this cake doesn't have a base.

So take a sheet of **tin foil** which is bigger than your **spring form**. Put it on the table with the shiny side looking up, put the spring form on top and then form the tin foil nice and neat around the form so that it sits like in a bowl.

If you want to use **fruits** (best are actually pre-cooked and strained, fresh tends to have too much juice), place them on the bottom of the spring form.

Now fill the **blender** with all the stuff. The essentials are Quark, Yoghurt, Banana, Egg, Juice. With the rest you can play, although I like it best fresh and lemony.

Blend for a minute or a bit longer. It's supposed to get a bit of air in so that while baking the cake becomes a bit lighter.

Pop **into the cold oven** and bake on **140 degrees Celsius** (285 Fahrenheit) for a **good hour**. Depending on how quickly your oven heats up. The cake should start to become a bit brown on the top, but only a bit. The picture above is a rather pale one, but my oven doesn't bake evenly. I have to stop it when 1 quarter becomes too dark.

When finished **leave it** for a few minutes with the door half open and then carefully loosen the cake from the rim of the form and then let cool for a bit so that you can touch the form without mittens.

Remove rim of the form and place one plate upside down on the cake. Now turn the whole thing over. Be careful there might be a bit of liquid accumulating (hence the pre-cooked fruit), remove the bottom of the form, place the second plate upside down on the cake, so that the cake is between the two plates now. Turn it back without pressing the cake too much. Now remove the top plate and the cake sits nicely the right way round on the plate that you put on second.

Let cool, and enjoy plain, with maple syrup, or whatever else you want to try it. I prefer it at room temperature so I usually pop my slice into the microwave for a few seconds, but that's your choice.

Keeps in the fridge for several days.