



The Average Rose

NO BAKE CHEESECAKE (6 inch)

INGREDIENTS

For the base:

- 100g digestive cookie
- 40g unsalted butter

For the filling:

- 6g gelatin
- 60g organic whole milk
- 250g low fat cream cheese
- 50g honey
- 130g plain yogurt
- 25g lemon juice

INSTRUCTIONS

For the base:

1. Crush the cookies into a crumble texture.
use a food processor, but if you hate cleaning (like me), use a rolling pin, a cylinder glass jar, or anything similar
2. Put the cookie crumbs into a bowl, throw your butter in, and mix.
3. Spread your cookies evenly in a non-stick springform pan, and press it hardly with a spoon.
if you do not have a nonstick pan, cover the base of a regular baking mold with aluminum foil
4. Put it in the fridge for later use.

For the filling:

1. Get your gelatin prepared.

For sheets: soak into ice water for 5-8 min till soft.

For powder: add 18g of water to the powder and mix until it becomes jelly, and heat for 15 sec until it becomes liquid.

2. Boil your milk. After boiled, mix gelatin liquid with milk.
3. Bring cream cheese to room temperature and whisk till it's creamy.
4. Add honey to the creamy cream cheese and mix them evenly.
5. Sequentially add in yogurt, lemon juice, and the milk mixture from *Step 2*.
6. Pour the filling into a springform pan/ baking mold, and put it into the fridge overnight.
*if you are impatient (like me), you can just freeze it in the freezer for 4-5 hours. It gives you a different texture!