

Tropical Cheesecake

Preparation Time: 25 minutes

Complexity: Intermediate

Crust:

¾ cup pitted dates
¼ cup water
¾ cup Grape-Nuts
½ cup quick oats
2 tbsp almonds, finely chopped

Filling:

2 cups tofu, silken, firm
1 tbsp lemon juice
1 tbsp honey
1 can pineapple, crushed
(20oz) (do not drain off juice)

3 tbsp cornstarch
1 medium banana, peeled and cut into thirds
1/3 cup honey

Topping:

1 ½ cups frozen blueberries or strawberries
1/3 cup water
2 tbsp cornstarch



1. Bring dates and water to a boil. Reduce heat to low and simmer, covered, 5 minutes or until soft.
2. Add remaining ingredients to date mixture. Mix well.
3. Press mixture into the bottom of a lightly oil sprayed 9-inch springform pan. Set aside.
4. Place tofu, lemon juice, vanilla, and half of pineapple into a blender. Blend until very smooth. Pour into bowl.
5. Place the remaining pineapple, cornstarch, banana, and honey in blender and blend until very smooth. Pour into bowl with other half of mixture. Mix together well.
6. Pour mixture over crust.
7. Bake at 350°F for approximately 45 minutes, or until edge of cake is browned slightly and center is firm. Cool to room temperature.
8. In a small pot, mix together, frozen berries, water and cornstarch.
9. Cook over medium heat until it has thickened and is clear in color.
10. Spread fruit mixture over the top of the cheesecake.
11. Chill before serving. Slice into 10 pieces.

CHIP Tips:

- Garnish each slice with a fresh mint leaf and berry.

Serves: 10

Nutritional Information

1 Cup Serving	197 Calories	4g Prot (8%)	44g Carb (83%)	2g Fat (9%)	27g Sugar
	4g Fiber	61mg Sodium	0mg Cholesterol	42mg Calcium	