



PREP:  
COOK:  
SERVES: 12

## Baked Honey Cheesecake

This delicious cheesecake is from Louise Keats' new cookbook, *Sweet Nourish*. The combination of oats, sunflower seeds and dates, without any refined sugar, makes this a much more nourishing cheesecake than conventional recipes. But we promise the deliciousness is still all there!

### Ingredients

50g pitted fresh (medjool) dates  
180g (2 cups) rolled oats  
40g (1 4 cup) sunflower seeds  
1 2 tsp ground cinnamon  
50g (2 3 cup) shredded coconut  
100g butter, melted  
500g light cream cheese, cubed  
250g crème fraîche  
2 tsp Queen Natural Organic Vanilla  
Essence-Extract  
105g (3 1 2 tbsp) honey  
3 eggs  
60g (1 4 cup) lemon juice

### Method

#### STEP 1

Preheat oven to 180°C (160°C fan). Grease base and sides of a deep, round springform cake tin (22cm). Line base with baking paper and set aside.

#### STEP 2

Place dates into a food processor or high-powered blender and process until coarsely chopped. Scrape down sides with a spatula.

#### STEP 3

Add oats, sunflower seeds and cinnamon, and process until finely chopped and combined. Add coconut and melted butter, and process until combined.

#### STEP 4

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## Method

Transfer mixture into prepared cake tin and press firmly into base and sides of tin (approx. 3cm up the sides). Bake for 10 minutes or until lightly golden. Remove from oven and set aside to cool. Reduce oven temperature to 170°C (150°C fan). Clean and dry food processor/blender.

### STEP 5

Place cream cheese, crème fraîche, vanilla and honey into the food processor or blender, and process until just combined. Scrape down sides with a spatula.

### STEP 6

Add eggs and lemon juice, and process until just combined and smooth. Pause to scrape down sides with spatula if needed.

### STEP 7

Pour mixture over crust. Bake for 55 minutes or until almost set (cheesecake should still have a slight wobble in the centre). Turn off oven and leave cheesecake to cool in oven with door slightly ajar (approx. 3 hours).

### STEP 8

Carefully remove from tin. Transfer into refrigerator to chill completely, preferably overnight, before serving (see Tip).

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