

Avocado Cheesecake with Walnut Crust

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Servings: 10

*3/4 cup shelled walnuts
1 cup graham cracker crumbs
1 tablespoon sugar
1/2 teaspoon crushed anise seeds
1/4 teaspoon salt
2 tablespoons water
1 envelope unflavored gelatin
2 tablespoons water
1 lemon
1 1/2 cups skim milk
1/2 cup sugar
1 teaspoon vanilla extract
2 fully ripened Mexican avocados,
halved, pitted, peeled and diced
8 ounces fat-free cream cheese, softened
and cut into pieces*

Preheat the oven to 350 degrees.

In a food processor, pulse the walnuts until finely ground. Add the graham cracker crumbs, one tablespoon of sugar, anise seeds and salt; pulse until just combined. Add two tablespoons of water and pulse until the ingredients are thoroughly combined and resemble wet sand. Press into the bottom of an 8-1/2-inch springform pan. Bake for 20 minutes. Cool completely.

In a measuring cup or small bowl, combine the gelatin with two tablespoons of water. Let stand for 5 minutes. With a vegetable peeler, remove strips of lemon zest (yellow portion only). In a saucepan, combine the milk, 1/2 cup of sugar, the vanilla and lemon zest; bring to a boil. Add the gelatin, simmer until the gelatin has completely dissolved, about 1 minute. Strain and discard the lemon zest.

In a food processor, combine the avocados and cream cheese. Pour the hot milk mixture into the processor; process until very smooth.

Pour into the baked crust. Cover and refrigerate at least two hours or until set. Remove the side of the pan. Cut the cheesecake into ten slices. Serve with a raspberry sauce, if desired.

Cheesecake is best when served the same day. Any leftover cheesecake should be securely covered with clear plastic wrap and refrigerated.

Per Serving (excluding unknown items): 148 Calories; 1g Fat (7.4% calories from fat); 6g Protein; 29g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 269mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 0 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	148	Vitamin B6 (mg):	trace
% Calories from Fat:	7.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	77.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	13mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1
Cholesterol (mg):	2mg	% Refuse:	n n%
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	269mg	Vegetable:	0
Potassium (mg):	118mg	Fruit:	0
Calcium (mg):	92mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	288IU		
Vitamin A (r.e.):	86RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 148 **Calories from Fat:** 11

% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	2%
Cholesterol 2mg	1%
Sodium 269mg	11%
Total Carbohydrates 29g	10%
Dietary Fiber trace	1%
Protein 6g	
Vitamin A	6%
Vitamin C	6%
Calcium	9%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.