



THOUGHTFUL COOKING WITH TINA

Low-Sugar Basque-inspired Cheesecake with Pistachio Butter (GF)

SERVES 8–10 · 1 HR 45 MIN + OVERNIGHT CHILL · 17 CM TIN · GLUTEN-FREE

A soft, custardy baked yoghurt cheesecake inspired by Basque cheesecake — no cream cheese, no double cream. Greek yoghurt, cashews and pistachio butter do the heavy lifting instead: low in added sugar, higher in protein.

INGREDIENTS

120g raw cashews
50g pistachio butter
60g milk of choice
30g raw honey (orange blossom)
6 drops liquid stevia
or an extra 30g of honey
1 tsp lecithin powder*
10g mild extra virgin olive oil
500g full-fat Greek yoghurt
10–12% fat
2 whole eggs + 3 egg yolks
6g arrowroot flour
¼ tsp fine sea salt
1 tsp Madagascan vanilla extract

**Helps emulsify the batter for a silkier, more stable set. Can be omitted — the texture will just be slightly less smooth.*

ALLERGENS

Dairy · Eggs · Tree nuts

KEEPS

3–4 days refrigerated, loosely covered. Best from the day after baking. Not suitable for freezing.

METHOD

1. Preheat the oven to **175°C fan**. Line a 17 cm springform tin with scrunched baking paper rising above the sides; set the rack on the lower-middle shelf.
2. Cover the cashews with boiling water, soak **30–40 minutes**, then drain very thoroughly.
3. Blend the cashews with the pistachio butter, milk, honey, lecithin and olive oil until completely smooth — like thick cream or loose tahini.
4. Whisk the yoghurt with the arrowroot, vanilla and salt until lump-free. Gently whisk in the cashew-pistachio cream — a creamy custard, not a foamy batter.
5. Lightly beat the eggs and yolks; add gradually, whisking gently. Sweeten with the stevia to taste — slightly sweeter than you want the final cake, as sweetness softens after chilling. Rest the batter **10 minutes**.
6. Pour into the tin and tap out large air bubbles. Bake **about 35 minutes**, checking from 32: you want set, puffed edges, a deeply browned top and a boldly wobbling centre. Pull at **69–70°C** in the middle; never past 72°C, or it sets dense after chilling.
7. Cool uncovered in the tin on a rack — no covering while warm. Once at room temperature, refrigerate uncovered overnight.
8. Serve chilled with warm honey or roasted fruit and a scattering of chopped pistachios.

Tip The batter will be thick and sticky — that's normal. It keeps the cake moist and dense without turning crumbly.

PER SLICE · based on 8 slices, estimated

~215 kcal · Protein ~10g · Fat ~16g · Carbs ~8.5g · Fibre ~1g · Added sugar ~3g