



## Zen & The Art of Cooking With Pressure

### **Keto Lime & Coconut Tropical Cheesecake**

Yield: 1 - 6" x 3", 6 - 8 servings

Gluten-free, low carb, Keto, sugar-free, high-fibre, nut-free, grain-free, vegetarian

Preparation time: 5 minutes

Cooking time: 40 minutes on High pressure, 15 minutes natural pressure release (NPR)

#### **Ingredients:**

8 oz full-fat cream cheese at room temperature

1/3 cup Ricotta cheese

1/4 cup Erythritol & Monk fruit sweetener

Zest of 2 - 3 limes

juice from 2 - 3 limes

1 tsp coconut flavouring

2 eggs + 1 egg yolk (from the coconut macaroon crust)

1 coconut macaroon pie crust

#### **Method:**

1. Place cream cheese, Ricotta, sweetener, zest and juice of limes and coconut flavouring into the mixing bowl. Mix on high until all ingredients are combined and creamy.
2. Add eggs and the egg yolk. Beat until combined.
3. Pour the filling into the pie crust. The filling will appear quite liquid. Don't worry about it. The baking process will firm up the cheesecake filling beautifully.
4. Pour 1 1/4 cup water into the electric pressure cooker inner liner. Insert a trivet into the pot and place the cheesecake onto the trivet. Cover with a layer of aluminum foil or a silicone lid.
5. Lock lid in place. Set electric pressure cooker to High and dial in the time of 40 minutes. Press start.
6. When pressure cycle is complete let pressure release naturally. Remove the cheese cake from the electric pressure cooker and let cool on a rack. When it is at room temperature, run a knife between the crust and the pan and remove the springform pan ring.
7. Slip cheesecake onto a serving dish, cover with plastic food film and refrigerate for 8 hours or overnight until serving.
8. Sprinkle with toasted coconut and enjoy.