

THREE SEASONS AYURVEDA



Lemon Cheese Cake *Gluten & Egg Free*

Yield – 1 pie shell

Equipment Needed

Bowl

Ingredients

Graham crackers (gluten free) available at Whole Foods,
or *homemade recipe below

3 tablespoons unsalted butter or margarine, melted

2 tablespoons sugar

1 pound cream cheese, room temperature

1- 14oz can sweetened condensed milk

¼ fresh lemon juice

1 teaspoon vanilla extract



Directions

1. Put graham crackers in a resealable plastic bag and crush them with a rolling pin or your hand into very fine crumbs.
2. Pour crumbs into a medium bowl, stir in the sugar, add the butter and stir until combined.
3. Press the crumb mixture into a 9” springform pan (1 1/2” high) or in a pie tin, and chill in freezer for 10 minutes.
4. Using an electric mixer set at medium-high speed, beat the cream cheese in a large bowl until smooth. Beat in the condensed milk a little at a time, scraping the bowl as necessary. Beat in the lemon juice and vanilla.
5. Pour the filling in the chilled crust, smooth the top with a rubber spatula, cover with plastic and refrigerate until firm, about 2 ½-3 hours.
6. If using the spring form mold, unclasp the sides of pan and remove the cheese cake.

***Graham Cracker Crust**

Ingredients

2 cups gluten free flour
1/4 cup of rice flour
1/2 cup brown sugar
1 3/4 teaspoon cinnamon
1 teaspoon baking powder
1/2 teaspoon xanthan gum
1/2 teaspoon salt
7 Tablespoons butter or margarine
3 Tablespoons cold water
3 Tablespoons honey
1 teaspoon vanilla

Directions

1. In a large bowl, whisk together flours, sugar, cinnamon, baking powder, xanthan gum, baking soda and salt.
2. Cut the butter into the above or use your hands to incorporate, until it looks like cornmeal.
3. Stir in cold water, honey and vanilla. Dough should form a ball. If dough is too dry, add more cold water a tablespoon at a time.
4. Pre-heat oven to 325 degrees.
5. Using 2 cookie sheets, cover them with plastic wrap or parchment paper. Spray lightly with non-stick cooking spray.
6. Gather dough into a ball and divide it in half. Using a lightly floured rolling pin (I use sweet rice flour), roll half of the dough into rectangle on one of the cookie sheets to 1/8" thick. Repeat with the other half.
7. Score dough with a pizza cutter (or knife) into desired shapes and prick all over with a fork.
8. Very lightly sprinkle all over with sugar.
9. Bake for 20 minutes or until golden brown or until starting to harden. Let cool for 5 minutes before breaking apart. (If not fully crisp, put back in oven until crisp)

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