



Baked blueberry and elderflower cheesecake

Prep: 30 mins • Cook: 1 hr • Serves: 12

Lovely for an occasional luxury treat, the subtle blueberry and elderflower flavours can be enjoyed on a low potassium diet.

Ingredients

200g digestive biscuits	80g cornflour
190g unsalted butter	4 large eggs
600g low fat cream cheese	70ml elderflower cordial
150g caster sugar	284ml double cream
120g blueberries	Icing sugar (to serve)

Carbohydrate The main source of carbohydrate in this dish comes from the sugar, digestive biscuits, cornflour and cordial. The carbohydrate values have been provided for those who have trained in insulin adjustment.

Phosphate/potassium Cream cheeses, tend to be lower in phosphate than hard cheeses but as this recipe uses a large quantity of cream cheese it is high in phosphate. If you have been prescribed a phosphate binder, ensure you take them with this dish.

Blueberries are a low potassium fruit that add colour and flavour to this dessert. By sticking to the recommended portion size in the recipe it keeps the overall potassium content low.

Protein The cheese and eggs are great sources of protein, ideal if you are on dialysis but may not be suitable if you have been advised to follow a lower protein diet.

Special diets

Gluten free: Use gluten free digestive biscuits.

Healthier option Cheesecakes are high in fat and sugar and should be kept for special occasions or as a treat. If you want to reduce the amount of sugar or fat in this recipe, you can use a low fat spread in place of the butter, choose reduced sugar digestives (if available) or use a sugar free/no added sugar cordial.

Cheaper option A cheaper option is use frozen blueberries but don't thaw them before use.

Storage Store in an airtight container in the fridge and eat within two days. You can easily freeze this cheesecake for up to 2 months. Cover tightly and freeze in portions. Thaw overnight in the refrigerator before serving.

Special occasion

Vegetarian

	Low phosphate		Low protein
✓	Low potassium		Low salt
36g	Carbohydrate	467Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Lizzie Moray

Try this deliciously indulgent cheesecake. Make the day ahead so it's perfect to serve for dessert when you have friends over. You can also freeze in portions for an occasional treat.



1

Pre-heat your oven to 175°C / gas mark 4. Line a 23cm round spring form tin with greaseproof paper, smoothing out the edges. Crush biscuits into fine crumbs and mix with 40g melted butter.



2

Press the crumb mix firmly into the base of the tin. Cream the remaining 150g butter and sugar together, add cream cheese and beat until fluffy. Stir in the cornflour.



3

Mix well and pour the mixture into the tin. Press the blueberries into the mix so that they are evenly distributed and just under the surface.



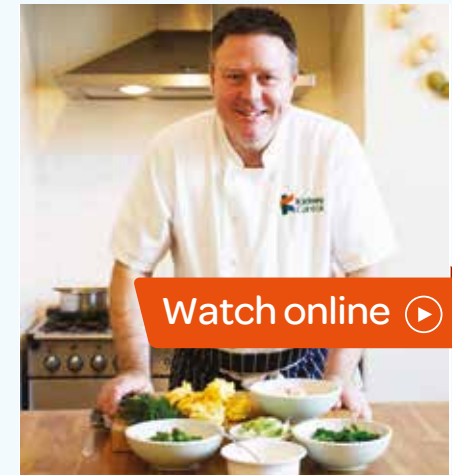
4

Bake in the oven for one hour. Allow to cool, then rest in the fridge overnight to settle. Remove from the fridge, wait 30 minutes before removing from the tin and sieve over a little icing sugar to decorate.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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