

No-Bake Key Lime Cheesecake

Recipe courtesy George Stella

See this recipe on air Saturday Oct. 30 at 1:30 PM ET/PT.



Recipe Summary

Difficulty: Easy

Prep Time: 20 minutes

Inactive Prep Time: 4 hours

Yield: 12 servings

User Rating: ★★★★★



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1 tablespoon wheat germ
 2 cups plus 1 tablespoon sugar substitute (recommended: Splenda)
 16 ounces real cream cheese, room temperature
 1 cup sour cream
 1 cup whole milk ricotta cheese
 3/4 cup Key lime juice (fresh or bottled)
 2 tablespoons no sugar added vanilla extract
 1/4 cup hot water
 2 limes, zested, divided
 3 envelopes unflavored gelatin (recommended: Knox brand)
 3/4 cup boiling water

Special Equipment: 10-inch deep pie plate or cake pan

Sprinkle the wheat germ and 1 tablespoon sugar substitute over the bottom of the pie plate to create a "faux" crust.

In the bowl of an electric mixer, beat the softened cream cheese, sour cream, ricotta cheese, lime juice, 2 cups sugar substitute, vanilla extract, 1/4 cup hot water, and zest of 1 lime on medium speed until well combined.

Using a fork to mix, thoroughly dissolve the 3 envelopes of gelatin in 3/4 cup boiling water. Do not let cool and move onto the next step immediately. (It is important that the water be boiling hot and that you mix the gelatin powder in quickly so it is completely dissolved. If not, you will have gummy bear-type lumps.) With the mixer on high and working very quickly so the gelatin does not set, blend the hot dissolved gelatin thoroughly into cheesecake mixture. Immediately pour mixture into the prepared pie pan and sprinkle with the zest of the other lime. Chill in the refrigerator for about 3 to 4 hours or until firm. Serve.

Hint: If you have any extra cheesecake mixture left over after filling the pie pan (I always do), put it in a pastry bag or heavy-duty plastic bag and put it in your freezer for about 7 to 10 minutes, just to firm it up a bit to the thickness of whipped cream. Then take it out and decorate the top of the Key Lime Cheesecake. (If it is in a plastic bag, snip the corner off.)

Nutrition Information

Nutritional Analysis per Serving

Calories 238

Total Fat 19 grams

Saturated Fat 13 grams

Carbohydrates 8 grams

Net Carbohydrates 8 grams

Fiber 0 grams

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