

Creamy Low-Glycemic Lemon Cheesecake

A silky no-bake cheesecake with bright lemon flavor that won't spike your blood sugar. Made with protein-rich cottage cheese and low-GI sweetener for stable glucose levels.

Prep: 15 min

Total: 195 min

Servings: 8

GL 5.0 / GI 55

Ingredients

- for blooming gelatin cold water
- one standard envelope, provides structure without carbs unflavored gelatin powder
- adds bright citrus flavor with minimal sugar impact fresh lemon juice
- low-fat liquid base, heat to dissolve gelatin skim milk, heated until steaming
- equivalent to 1 whole egg, adds protein without fat liquid egg substitute or egg whites
- minimal sweetener, about 6g per serving granulated sugar
- enhances overall flavor profile pure vanilla extract
- protein-rich base, blends smooth for creamy texture low-fat cottage cheese
- for garnish, adds aromatic citrus oils fresh lemon zest

Instructions

Step 1

Pour the cold water into a blender container, then sprinkle the unflavored gelatin evenly over the surface. Add the lemon juice and let stand for 2 minutes to allow the gelatin to bloom and soften. This blooming process ensures the gelatin will dissolve completely and create a smooth texture.

Step 2

Heat the skim milk in a small saucepan or microwave until it's steaming hot but not boiling (about 180°F or 82°C). With the blender running on low speed, carefully pour the hot milk into the gelatin mixture in a steady stream. Blend for 1-2 minutes until the gelatin is completely dissolved and no granules remain.

Step 3

Add the egg whites (or egg substitute), erythritol or allulose, and vanilla extract to the blender. Pulse 4-5 times to incorporate the ingredients, then blend on medium speed for 30 seconds until well combined and the sweetener is fully dissolved.

Step 4

Add the low-fat cottage cheese to the blender. Blend on high speed for 2-3 minutes, stopping to scrape down the sides with a spatula as needed, until the mixture is completely smooth, silky, and creamy with absolutely no lumps remaining. The texture should be as smooth as traditional cheesecake filling.

Step 5

Pour the cheesecake mixture into a 9-inch pie plate or shallow round dish, using a spatula to spread it evenly to the edges. Gently tap the dish on the counter 3-4 times to release any air bubbles that could create holes in the finished cheesecake.

Step 6

Cover the dish tightly with plastic wrap, ensuring the wrap doesn't touch the surface of the cheesecake. Refrigerate for at least 3 hours, or until the cheesecake is completely set and firm to the touch. For best texture and flavor, chill overnight (8-12 hours) to allow the flavors to meld.

Step 7

Just before serving, garnish with freshly grated lemon zest distributed evenly over the top for visual appeal and extra citrus aroma. Slice into 8 equal portions using a sharp knife dipped in hot water and wiped clean between each cut for neat, professional-looking slices. Serve chilled.