KIKKOMAN

Tofu cheesecake with mango mousse

Total time **260 mins** **20 mins** preparation time **240 mins** cooling time

Nutritional facts (per portion):
1,717 kJ / 410 kcal

Fat: **24 g** Protein: **11 g**
Carbohydrates: **35 g**

INGREDIENTS

2 portion(s)

Cheesecake base:

100 g	walnuts or cashews
60 g	gluten-free oats
3 tbsp	maple syrup
1 tsp	coconut oil
0.5 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce

Cheesecake:

300 g	natural tofu
100 ml	coconut milk
0.5 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
2 tsp	agar-agar (or 2 tbsp plant-based gelatine)
50 ml	lemon juice
3 tbsp	agave syrup or maple syrup
1 tsp	vanilla paste
1 tbsp	coconut oil

Mango mousse:

200 g	ripe mango pulp
1 tbsp	maple syrup
1 tsp	lemon juice
0.5 tsp	agar-agar (or 1 tbsp plant-based gelatine)

Garnish:

50 g	raspberries
1 tsp	dried cornflower petals
	A few mint leaves for decoration

PREPARATION

Step 1

100 g walnuts or cashews - **60 g** gluten-free oats - **3 tbsp** maple syrup - **1 tsp** coconut oil - **0.5 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
Blend the nuts, oats, maple syrup, coconut oil and Kikkoman Gluten free Soy Sauce until sticky.

Press the mixture firmly into the base of a small baking tin and refrigerate.

Step 2

300 g natural tofu - **100 ml** coconut milk - **0.5 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **2 tsp** agar-agar (or 2 tbsp plant-based gelatine) - **50 ml** lemon juice - **3 tbsp** agave syrup or maple syrup - **1 tsp** vanilla paste - **1 tbsp** coconut oil
Blend the tofu with the coconut milk, Kikkoman Gluten free Soy Sauce, agar-agar, lemon juice, agave syrup, vanilla paste and coconut oil until smooth. Transfer the mixture to a saucepan, bring to the boil and cook for 2 minutes, stirring frequently. Leave to cool slightly, spread evenly over the chilled base and return to the fridge.

Step 3

200 g ripe mango pulp - **1 tbsp** maple syrup - **1 tsp** lemon juice - **0.5 tsp** agar-agar (or 1 tbsp plant-based gelatine) - **50 g** raspberries - **1 tsp** dried cornflower petals - a few mint leaves for decoration
Blend the mango with the maple syrup, lemon juice and agar-agar. Transfer the mixture to a saucepan and cook for about 2 minutes, stirring constantly.

Leave to cool slightly, then spread the mango mousse evenly over the cheesecake. Decorate with the raspberries, cornflower petals and mint leaves. Chill for at least 4 hours, ideally overnight, before serving.