

A Cheesecake Even The Lactose Intolerant Can Love

(NAPSA)—Here's food for thought: According to the U.S. Food Allergy and Intolerance Report, between 30 and 50 million Americans have some type of lactose or dairy intolerance. Many individuals must omit dairy from their diet.

Previously, individuals with dietary restrictions had to sacrifice taste but not anymore. Today, there are many products to use as substitutes and creating great-tasting recipes is easy. The Red Velvet Alternative Cheesecake below uses a new dairy-free cream cheese alternative to make a delicious dessert perfect for any occasion.

Red Velvet Alternative Cheesecake

by Lisa Green
The Butter Flys Baker

- 1 8-ounce tub of Galaxy Nutritional Foods Veggie Plain Cream Cheese alternative
- 6 ounces lite silken firm tofu
- 1 package white chocolate sugar-free pudding mix
- ½ package cheesecake-flavored sugar-free pudding mix
- 8 ounces vanilla sugar-free yogurt made with coconut milk
- 2 teaspoons white vinegar
- ¾ cup unsweetened almond, soy, coconut or rice milk
- ½ cup liquid egg substitute
- 3 scoops chocolate-flavored protein powder
- 3 tablespoons dark unsweetened cocoa
- 1 cup Stevia or sugar substitute
- 2 full bottles of red food coloring
- 3 egg whites

In a food processor, combine one 8-ounce tub of the plain cream cheese alternative, silken tofu, coconut yogurt until smooth. Add mixture to large mixing bowl and beat with an electric mixer the milk, egg substitutes and white vinegar. Add the dry pudding mixes, protein powder, cocoa and Stevia. Add additional nondairy milk 1 tablespoon at a time if needed. Add 2 bottles of red food coloring, blending until completely colored. In a separate bowl, beat egg whites until stiff and fold into batter



photographed by William Burkle

Sweet and sophisticated, this red velvet cheesecake is made with dairy-free cream cheese.

slowly until they disappear. Pour batter into cooled Chocolate Cookie Crust in springform pan and bake at 325° F for one hour. Crust recipe found at Galaxy's website. Shut off oven and prop open door with a kitchen towel. Cool completely for best results; leave in oven overnight. Refrigerate for several hours. Release the cake and invert onto cake plate.

Cream Topping:

- 1 8-ounce tub Galaxy Nutritional Foods Veggie Plain Cream Cheese alternative
- 12-ounce jar of Walden Farms marshmallow dip
- 1 teaspoon vanilla extract
- 3 tablespoons Stevia or sugar substitute
- 1 to 4 tablespoons nondairy milk, as needed

Combine all ingredients for cream topping until desired consistency. Make with less nondairy milk for decorations around cake edge, more milk to spread across surface of the cake.

Galaxy Veggie Cream Cheese is a 100 percent nondairy cream cheese alternative made from a soy base, coconut and sunflower oils. It is the first product of its type that uses a nondairy culturing process to produce a true cream cheese-like flavor and texture. It is also cholesterol free, vegan, gluten free and certified kosher. Found in the produce section of grocery stores nationwide, it is available in Classic Plain and Chive & Garlic flavors. The company is a leading producer of cheese alternatives.

Learn More

For information, coupons and recipes, visit www.galaxyfoods.com.