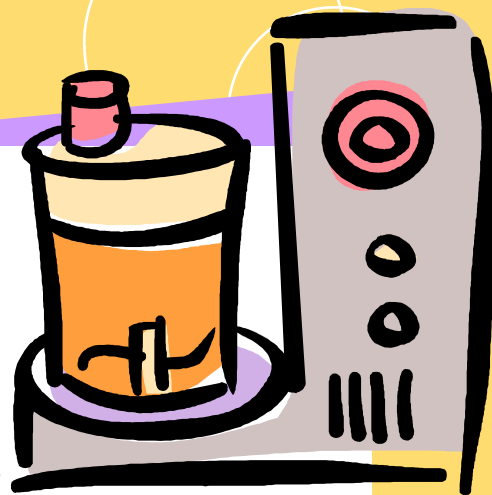


# Starter Cheesecake



*From Breaking the Vicious Cycle*

- 3 eggs
- 1/3 c. honey
- 1/2 c. homemade SCD yogurt
- 2 c. uncreamed (dry curd) cottage cheese (Friendship brand Hoop Cheese or Farmer's Cheese)\*
- 2 tsp. legal vanilla extract (vanilla and alcohol only)
- 1-2 tsp. grated lemon rind (when first starting, omit lemon rind)

Combine in a food processor in this order: eggs, honey, yogurt, cottage cheese, vanilla and lemon rind. Blend until smooth, stopping if necessary every 15 seconds to push ingredients down. Scrape the sides of the container at the same time with a spatula.

Pour into an oiled or buttered loaf pan. If desired, place drained, unsweetened canned pineapple slices on top of filling. Bake at 350 degrees for

about 30 minutes or until edges are brown. Cool and refrigerate.

\*Alternatively, if you cannot find dry curd cottage cheese in your area, replace it with yogurt cheese. 2 cups of yogurt cheese may be made by draining the liquid from about 3 cups of homemade SCD yogurt. Two methods for doing this follow:

1. Divide yogurt between 2 thick stacks of paper towels, then top with 2 more thick stacks of paper towels. Allow to sit for 5 to 10 minutes, flipping once or twice. Peel off top layer of towels and scrape yogurt cheese into a measuring cup with a rubber spatula.

*OR*

2. Pour 3 cups of yogurt into a large strainer or colander that is lined with coffee filters. Place the strainer in a large bowl or pan so that it is not resting on the bottom. Cover and place in the refrigerator overnight, pouring liquid off once or twice.