

Biscoff Greek Yogurt Cheesecake ビスコフとギリシャヨーグルトのチーズケーキ

Serves: 3 | Ramekins: 9×4 cm or 11×3.5 cm | Oven: 170°C

Ingredients

Base:

- 90 g Biscoff cookies (ビスコフ)
- 30 g butter (バター), melted

Filling:

- 250 g Greek yogurt (Oikos plain) (ギリシャヨーグルト)
- 100 g cream cheese (クリームチーズ)
- 40 g sugar
- 1 egg (卵)
- 1 tsp vanilla
- 1 tsp lemon juice
- 10 g cornstarch

Instructions

1. Crush **cookies** and mix with melted **butter**.
 - Divide into ramekins and press firmly.
 - **Chill 10–15 minutes.**
2. Mix **cream cheese** and **sugar** until smooth.
3. Add **yogurt, egg, vanilla, lemon juice**.
 - Mix gently until smooth.
4. Add **cornstarch** and mix lightly.
5. Pour into ramekins (80–90% full).
6. Optional bain-marie:
 - Place ramekins in tray.
 - Add hot water halfway up sides (1.5–2 cm).
7. **Bake at 170°C:**
 - 9×4 cm: 25–28 minutes
 - 11×3.5 cm: 20–25 minutes
8. Check doneness:
 - Edges set, center slightly jiggy.
9. Turn off oven, leave door slightly open **5–10 minutes**.
10. Cool completely, then **refrigerate at least 3 hours (overnight best)**.

Notes

- Bain-marie recommended for smoother texture.
- Do not overbake; center should wobble slightly.
- Shallow dishes cook faster and more evenly.
- Texture firms as it chills.



- Avoid overmixing to prevent cracks.

Nutrition

Per serving: Kcal: 300 | Protein: 10 g | Fat: 16 g | Carbs: 26 g | Sugars: 14 g

Total: Kcal: 900 | Protein: 30 g | Fat: 48 g | Carbs: 78 g | Sugars: 42 g