Baked Peanut Butter and Raspberry Breakfast Cheesecake

One 8-inch/20 cm cheesecake cut into 4 generous breakfast wedges; one quarter of the complete cake per serving | Active 25 min | Cook 70 min | Total 370 min

Ingredients

- 2 3/4 oz rolled oats (80 g)
- 2 1/2 tablespoons smooth unsalted peanut butter (40 g)
- 1 1/2 tablespoons unsalted butter, melted (20 g)
- 2 tablespoons honey (42 g), divided
- 1 tablespoon water (15 ml/15 g)
- 14 oz plain low-fat cottage cheese, 2% milk fat (400 g), not drained
- 5 1/3 oz plain nonfat Greek yogurt (150 g)
- 2 large eggs, without shells (100 g)
- 2 1/2 tablespoons cornstarch (20 g)
- 1 teaspoon vanilla extract (5 ml/5 g)
- 1/8 teaspoon fine salt (0.75 g)
- About 1 1/4 cups fresh raspberries, washed, dried and weighed (150 g)

Set out

Kitchen scale and food processor, 8-inch/20 cm springform or deep round cake pan, at least 2 1/2 inches/6 cm deep, Baking parchment for base and sides, Small bowl, spatula and cooling rack, Thin-tip food thermometer, Refrigerator space for the complete pan

Allergens

Peanut, Tree nuts (almond-butter variation), Milk, Egg, Check oats, peanut butter and cornstarch labels for additional allergens or cross-contact.. Check labels and substitutions.

Make it

1. Heat the oven to 325°F/160°C. Line the base and sides of an 8-inch/20 cm pan at least 2 1/2 inches/6 cm deep. Pulse oats to coarse flour. Mix with peanut butter, melted butter, 2 teaspoons/14 g of the honey and the measured water. Press evenly over the base. Bake for 8–10 minutes while preparing the filling.

2. Blend cottage cheese, Greek yogurt, the remaining 4 teaspoons/28 g honey, cornstarch, vanilla and salt in a food processor until smooth, scraping the bowl once or twice. Add the eggs and blend briefly until combined. Do not taste the uncooked egg filling.

3. Pour half the filling over the warm crust. Scatter half the dry raspberries evenly across it. Add the remaining filling, then distribute the remaining raspberries over the top, pressing them partly into the surface. Set the pan on the middle oven shelf.

4. Bake for 50–60 minutes until the edges are set and the center moves with a gentle wobble rather than a liquid ripple. A thermometer inserted into the central filling, away from a berry, must read at least 160°F/71°C. Continue baking if necessary; the temperature and set filling matter more than the clock.

5. Cool on a rack for 30 minutes. Refrigerate promptly, keeping the total time out after baking under 2 hours, or 1 hour above 90°F/32°C. Chill for at least 4 hours. Remove from the pan and cut into four equal wedges. The 6-hour-10-minute total includes oven time, cooling and the minimum cold rest.

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Estimated nutrition per serving

Calories: 385 kcal | Protein: 22.8 g | Carbohydrate: 39.9 g | Fat: 15.5 g | Fiber: 5.0 g. One of 4 servings. Batch yield: One 8-inch/20 cm cheesecake cut into 4 generous breakfast wedges; one quarter of the complete cake per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Make tomorrow's portion today

The long chilling period is useful when the next morning is crowded: divide the cold cake into four containers before the day starts. Choose a wedge because it suits the meal and appetite, not because cheesecake has a special training effect.

A useful detail

The cottage cheese is used as purchased, not drained, for both the formula and estimate. Use plain smooth unsalted peanut butter. The pan has ample depth for roughly 1 kg of mixture; this is not a shallow tart tin. All honey is allocated: 14 g in the crust and 28 g in the filling.

Another way

Replace the 150 g raspberries with 150 g fresh blueberries, distributing them in the same two layers.

Replace the 40 g peanut butter with 40 g plain smooth almond butter. This introduces tree nuts instead of peanut; check labels and recalculate if using that variation.

Keep it well

Keep covered at 40°F/4°C or below and use within 2 days, within any shorter dairy storage window. Carry a wedge in an insulated bag with two cold sources and refrigerate on arrival. Keep it cold for serving; do not leave slices out during a long workout or commute. Freezing is possible but can make the dairy and berry layers weep on thawing.