

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 (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 (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 (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, 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 (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. 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.