

Lemon Lavender Huckleberry Cheesecake

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Desserts are a rarity designated for special occasions and celebrations. But that doesn't mean we can't have something both delicious and of health value in our treats! Huckleberries are related to blueberries (you can substitute them in this recipe if you can't find real Hucks). As such, they also have also a very high Oxygen Radical Absorbance Capacity value, also known as an ORAC score. This is a method developed by scientists at the National Institute of Health and Aging (NIH) to measures the antioxidant capacity of different foods. Hucks clock in with a whopping ORAC score of 111, making these berries among some of the most antioxidant rich foods in the world. This means that per cup consumed they pack a much healthier punch than many other foods and have excellent anti-aging, anti-cancer, and pro-immune system properties.

Ingredients (organic ingredients preferred):

For the filling:

- 24 ounces cream cheese
- 1 cup full-fat sour cream
- 3 eggs, separated +3 egg whites
- 1/8 teaspoon cream of tartar
- 1 tablespoon vanilla extract
- 1 cup caster sugar
- 6 tablespoons AP flour

- Juice of one lemon
- Zest of one half lemon
- 1 tablespoon lavender
- 1 $\frac{1}{2}$ cups huckleberries (or other berries)

For the crust:

- 1 cup graham cracker crumbs
- 3 tablespoons melted butter



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Directions:

Preheat the oven to 325°F. In a mixing bowl combine the graham cracker crumbs and melted butter. Spread this on the bottom of a 9-inch springform pan. Pre-bake the crust for 10 to 12 minutes, remove and allow to cool. Set aside.

In a large mixing bowl (if using a stand mixer utilize the paddle attachment) combine the sugar and cream cheese. Mix until thoroughly combined. Add the sour cream and incorporate. Add the three egg yolks, lemon juice, lemon zest, lavender, and vanilla. Combine until well mixed. Sift in the flour and combine. Set aside.

It is stand mixer utilizing the whip attachment or to separate bowl using a hand mixer at the six egg whites and cream of tartar. Beat until soft peaks form. Add one-third of the batter to the egg whites and utilizing a rubber spatula full the mixture together. Proceed to take the combined batter and egg white mixture and add it back to the remaining filling, utilizing the spatula and gently folding it in. Gently fold in the whole huckleberries, reserving a few to dress the finished cake.

Place the mixture into the cooled 9-inch springform pan with the crust on the bottom. Bake at 325°F for 60 to 90 minutes; until a toothpick inserted into the center comes out clean. Allow the cake to cool prior to removing. Allow to set in the refrigerator at least one hour; preferably covered and overnight, prior to serving.