



RECIPES DUKAN DIET

Raspberry Cheesecake

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Pain Doux Sweet bread

Baked Chicken with Cherry Tomatoes and Peppers

Baked Chicken with Vegetables

Raspberry Cheesecake

I think I told you that cheesecake is one of my favourite desserts. This time I tried the raspberry cheesecake and this recipe it is suitable for those who are in consolidation or Dukan diet Dukan Express.

It has a good flavour and a fine texture. Just perfect!

Ingredients

- 2 egg whites
- 1 egg yolk
- 1 tsp konjac flour (or 1 tbsp corn starch)
- 2 tbsp oat bran
- 2 tbsp sweetener
- vanilla flavouring

Cheese-layer ingredients:

- 500 fat free cream cheese (ricotta, Philadelphia))
- 150g fat free Greek yogurt
- 1 egg
- 2 tbsp corn starch
- 4 lb sweetener
- vanilla flavouring
- 1 cup raspberries

Topping Ingredients:

- 1 Cup raspberries

Jelly Ingredients:

- 100 ml sugar free raspberry syrup
- 3 gelatine leaves (or 1 tsp)

How to prepare:

Preheat the oven to 180°C/350°F/Gas 4.

1. Whisk the egg whites with a pinch of salt until very firm, then add the yolk and the konjac flour and keep mixing for 2-3 minutes.
2. Add the sweetener, the bran and vanilla essence and pour the mixture in the tray
3. Bake 12 to 15 minutes at 180 degrees.
4. In a separate bowl combine all the ingredients for the cheese layer, except the raspberries. Add the raspberries and mix gently not to break them.
5. Pour the cheese over the sponge and put the try back in the oven for 50-60 minutes. When done, leave it to cool.
6. It is time for the raspberry jelly. Soak gelatine leaves in cold water. Dissolve the hydrated gelatine leaves in the preheated raspberries syrup.
7. When the cheesecake is cold enough put some raspberries on top and then pour the jelly over (do not take the cheesecake off the tray).
8. Place in the refrigerator for at least 2 hours before eating. Eat cold!

Enjoy my dukan recipe!

Cinnamon and Caramel Cheesecake

It is so easy to prepare and you just need some usual ingredients, not expensive at all. I like to flavor my cheesecake each time and when I want to spoil myself, I put a fruit sauce on top! So perfect!

Ingredients:

- 500 g Philadelphia cheese, or other lox-fat soft cheese
- 150 g Greek yogurt or low-fat soured cream
- 2 eggs

- 4-5 tbsp sweetener
- 2 tbsp corn starch (only from Cruise phase)
- 1 tsp caramel essence/sauce (sugar free)
- 1 tsp cinnamon

How to prepare:

1. Preheat the oven to 180oC/350oF/Gas 4
2. Mix cheese with yogurt (or sour cream), eggs, sweetener and corn starch.
3. Homogenized composition really well then add the caramel essence and cinnamon.
4. Put the composition in a tray and bake it in the oven for about 40-45 minutes.
5. Let the cheesecake cool, then put in the fridge for 3 hours or overnight.

Pain Doux Sweet bread

I totally love this sweet bread! You can use it to make different cakes with cream cheese or some pudding.

You can also take off the sweetener and replace it with salt and you will have a fluffy bread!

Ingredients:

- 4 eggs
- 4 tbsp oat bran
- 6 tbsp skimmed milk powder
- 4-5 tbsp powdered sweetener

- 1 tsp vanilla essence
- 1 tbsp baking powder
- few strands of saffron

How to prepare:

1. Preheat the oven to 180°C/350°F/Gas 4.
2. Separate egg whites and whisk the egg whites with a pinch of salt until very firm.
3. Add the egg yolks and sweetener and mixing 1-2 minutes.
4. Replace mixer with a spoon and add the oat bran and skimmed milk powder, then mix slowly in composition from top to bottom.
5. Add the vanilla, baking powder and saffron.
6. Using a spoon pour the mixture into silicone reusable baking cups or in one tray.
7. Place in the oven and bake for about 20-25 minutes. Allow to cool and eaten with pleasure.

Baked Chicken with Cherry Tomatoes and Peppers

Ingredients:

- 4-5 boneless chicken thighs
- 2 peppers
- 6-8 cherry tomatoes
- 1-2 cloves of garlic
- 1 tbsp olive oil
- 2 tsp Italian herbs
- salt, pepper

- 250 ml water or chicken broth

How to prepare:

1. Preheat oven to 350 degrees F (175 degrees C)
2. Place the chicken thighs in a pan or oven dish
3. Cut the peppers into large pieces and cherry tomatoes in half and place them in / on the chicken pieces
4. Season with Italian herbs, salt and pepper
5. Sprinkle with olive oil and add the water or chicken broth and.
6. Bake in the oven for 50-60 minutes until brown the chicken and the vegetables soften.

Baked Chicken with Vegetables

Ingredients:

- 2-4 Chicken drumsticks
- 1 red pepper
- 1 onion
- 1 zucchini
- 2 cloves of garlic
- 3-4 Cherry tomatoes
- 1 tbsp olive oil
- ½ tbsp sweet paprika
- ½ tbsp garlic powder

- Salt and pepper

- 1 tbsp oregano

How to prepare:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut the vegetables into larger cubes and put them in the tray
3. Mix olive oil with sweet paprika, garlic powder, salt, pepper and oregano.
4. Brush the chicken drumsticks with this olive mix and put them over vegetables in the tray
5. Add water to the pot (about a cup)
6. Cover with aluminum foil or a lid and put into the oven
7. Cook in the oven about 40-45 minutes, then remove foil or lid and cook another 10-15 minutes