

# Let's Cook It Right

Adelle Davis

The best ways to prepare the foods that  
are best for you. The  
famous cookbook by America's #1 nutritionist,  
author of *Let's Eat Right to Keep Fit* and  
*Let's Have Healthy Children*.

FIRST  
TIME IN  
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## BAKED CHEESE CAKE

Beat until smooth:

2 eggs	1 cup cottage cheese
2 teaspoons vanilla	1 large package (8 ounces) cream cheese
¾ teaspoon almond extract	¼ cup powdered milk
¾ cup honey or sugar	

### 480 Desserts Can Contribute to Health

Spread a 7- or 8-inch pan generously with partially hardened  
margarine or butter; sprinkle with thick layer of cookie- or  
graham-cracker crumbs; pour cheese mixture over crumbs.

Set over jar lids or crumpled foil in a pan of boiling water  
and bake at 300° F. for 25 minutes.

Meanwhile mix together:

1 cup sour cream	¼ cup honey or sugar
1 teaspoon vanilla	

Take cheese cake from oven at end of 25 minutes and pour  
sweetened sour cream over top; return to oven and bake 10  
minutes longer.

#### VARIATIONS:

To make really professional cheese cake, omit cottage cheese  
and use 2 packages (8 ounces each) cream cheese; to decrease  
calories use 2 cups cottage cheese and omit cream cheese. To  
decrease fat content still more, instead of cream cheese and cot-  
tage cheese, use 2 cups (16 ounces) hoop cheese, or dry cottage  
cheese; sprinkle top with crumbs and omit sour-cream topping.

Double recipe; bake in standard cake pan 1½ inches high for  
35 minutes before adding cream topping. Freeze any cake not  
eaten.